**What is Stress?**
Stress is a natural physical and emotional reaction. The perception of stress is very individual. Stress can be both positive (successfully completing a challenge) and negative (overwork and burnout).

**Recognise Stress Early by Asking:**
- How do I know that I am stressed?
- What are my physical stress reactions?
- What thoughts / feelings do I have when stressed?
- What do I do when I am stressed?

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**STRESS MANAGEMENT**

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**Stress Management Techniques**

**Physical Activity and Sports:**
Include 30 minutes of moderate intensity physical activity daily.

**Correct Breathing:**
When stressed, focus on your breathing. Inhale through your nose and exhale through your mouth. Slowing down your breathing will slow down your heart rate.

**Follow a Healthy Diet:**
Eat more complex carbohydrates. Avoid sugar, white flour, caffeine and alcohol. Increase fruit and vegetables in your diet. Stay hydrated by drinking 1.5-2L water daily.

**Relaxing Exercises:**
Include relaxation exercise daily such as stretching exercises or yoga.

**Sleep:**
Develop a sleep routine to improve quality of sleep.

**Observe Thought Processes:**
Recognise stress-inducing thought. Interrupt stress-inducing thoughts. Replace negative with positive thoughts. Laugh more, especially in stressful situations.

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**How Do I Know I am Stressed?**
- Fatigue
- Muscle Tension and Headache
- Depression and Irritability
- Nervousness
- Demotivated at Work
- Sleep Disorder
- High Blood Pressure