

Stress



What is Stress?

Stress is a physical and emotional reaction that occurs with too much or too little pressure.

Pressure can come from yourself, work, home, personal relationships and many more.

How do we respond to Stress?

It is important to recognise how people respond to stress. The most dangerous thing about stress is how easily it can creep up on you. It is hard to notice the early signs of stress, then it takes a heavy toll. We respond through a range of different emotions from becoming angry to becoming depressed and upset.

Signs and Symptoms

There are many signs that present when a person is stressed or has undergone stress. These include:

- Inability to concentrate / Memory problems
- Worry, anxiety, poor judgement
- Easily distracted
- Variation in mood
- Becoming a workaholic
- Forgetfulness, nervousness, tearful.

Symptoms vary from person to person and for all different types of stress. Symptoms include:

- Aches & Pains
- Frequent colds or infections
- Irritable bowel syndrome
- Panic Attacks
- Menstrual Changes
- Diarrhoea, constipation, nausea
- Loss of weight

Causes of Stress

The situations and pressures that cause stress are called **stressors**. We usually think of stressors as being negative; however there are some stressors that are positive like

getting a promotion – this can also lead to stress. Some common stressors include:

- Major life changes
- Work
- Relationships
- Financial Problems
- Children & family
- Being too busy

In addition to the list above some stressors may be self-generated, such as, lack of assertiveness, unrealistic expectations, negative self-talk or pessimism.

Consequences of too much stress on health

Long exposure to stress can lead to serious health problems. Chronic stress can disrupt every system in our body. Some health problems are listed below:

- A rise in blood pressure leading to an increased risk of heart problems or a stroke
- Can contribute to risk of infertility
- Speeds up the ageing process and can cause or aggravate skin conditions such as eczema and psoriasis
- Chronic stress can cause sleep disturbances, depression and anxiety.

Managing Stress

In order to manage your stress, it is important to make several changes to your life and your thinking. Time is the most valuable commodity to manage. Take the time to complete the advice below and evaluate to see if this has helped.

Determine your mission – set aside time to think and write about your life and goals.

Understand where you spend your time – think about prioritising

Identify your goals – a clear set of goals will help you to create a order and balance to your life.

Organise your week – plan your week ahead and prioritise which tasks are more important.

Evaluate your week – at the end of each week take a realistic look at how it went and then decide the next step.

Enjoy your success – remember that you are in control.

Acupuncture and Stress

Acupuncture aims to treat each person individually. As we know stress can harm your health but it can also disturb the flow of energy in your body. The imbalances in your body are addressed Acupuncture. Acupuncture can help energy flow smoothly and can help alleviate the symptoms and causes of the stress. Acupuncture can also

increase circulation of blood throughout the body, reduce your heart rate and blood pressure and help you to relax.

Acupuncture targets stress by:

- Reducing the risk of further health implications
- Reducing the number of work sick days taken through stress
- Offering an effective and preventative treatment for stress
- Making stress easier to handle

The proof: 55 patients suffering from stress were treated with Acupuncture. 95% had a reduction in symptoms and an improvement in life. Butler et al 2005.

In Scotland the staff from a hospice were measured for stress using a psychological profile and then tested again following 4 treatments of Acupuncture. 64% reduction in stress was recorded. Health report 202

Top tips to tackle Stress

1. Make the connection
2. Take a regular break
3. Learn to relax
4. Become better organised
5. Sort out your worries

6. Change what you can
7. Look at your long term priorities
8. Improve your life style
9. Confide in someone
10. Focus on the positive aspects of your life.

References

www.stress.org.uk

www.isma.org.uk

To Contact:

The WalkWell Clinic

16 Regent Place

Rugby

Warks

CV21 2PN

01788 537300

walkwellclinic@talktalkbusiness.net

www.walkwellclinic.co.uk

www.facebook.com/WalkwellClinic

David J Pinchen D.Pod.M, M.Ch.S

Vicky M Morley BSc (Hons) Pod., M. Ch. S

Sadie Hague BSc (Hons) Chiro MMCA

Emma Page BSc (Hons) BA (Hons) Lic. AC.

MBAcC