

10 tips for BEATING STRESS

There is something positive about stress - you need it to perform at your best and that leads to good feelings about yourself. Stress is a part of life we need to learn to manage to attain the quality of life we desire. Our ten top tips to achieving this are:

1. THINK DIFFERENTLY

Do things differently, change the routines and try to change the pattern of your life.

2. EXERCISE

Exercise helps you recover from life's stresses.

3. PUT YOUR WORRIES IN PROPORTION

Be objective and put your worries in perspective – consider what you can do, then do it.

4. BALANCED RELATIONSHIPS

It makes sense to work at getting on with people. Change the way you are and others will change in their relationship with you. Look for compromise not confrontation.

5. RELAX

Relaxation has been described as nature's tranquilliser. Learn how to relax and unwind to leave you refreshed and energised.

6. TALK ABOUT IT

Stress can be greatly reduced by talking. Talking releases the pressures, especially if you are too close to a situation to remain objective.

7. DO IT NOW

Putting things off only makes them more stressful. Try writing down all the immediate tasks you have to attend to, rearrange them in order of importance, then get them done.

8. SHOW APPRECIATION

The act of recognising the best in people – which may at times also be directed towards oneself.

9. SOLITUDE

Learn to value the importance of solitude.

10. SLEEP

Avoid caffeine after midday. Make your evenings havens of relaxation and calm that you can look forward to, all through the day.