

MANAGING STRESS: CALMING THE BODY



What are some of signals sent by the body when we're stressed?

Shortness of breath

Fast heartbeat

Shakiness

Tightness in chest

Dizziness

Nausea

Headaches

Neck pain

Butterflies in stomach

Numbness

Aches in joints

Tense shoulders

Tiredness

Difficulties with sleep and appetite



How can we reduce the impact of stress by calming the body?

Regular Exercise

- Go for a walk, run or cycle. Take a break from negative thoughts using music and podcasts.
- Try bodyweight and toning exercises - push ups, triceps dips, squats, lunges, burpees, etc.
- Calm the stress-response system with slower and deeper breathing. <https://tinyurl.com/r7m4lol>

Rhythmic Input and Repetitive Activities

- Consider dance and yoga workouts. Have a turn on the trampoline in the garden. Try tapping, drumming or singing during household chores.
- Methodically tense and relax parts of the body where you can feel the stress building up.
- Activate your muscles and joints - wiping surfaces, mopping floors, raking and shovelling in the garden.

Healthy Habits

- Maintain a more balanced diet with complex carbs, unsaturated fats and protein.
- Moderate the amount of caffeine and alcohol we consume each day.
- Consider your sleep routine - slow down and relax at a consistent time each night.