

- Stress / Medical Awareness

# How to de-S-T-R-E-S-S yourself

*When the going gets tough, the truly tough get distressed*

**S**tress at various levels or severity is constantly present in everyone's life. It is a state of emotional or mental strain caused by adverse circumstances which may be beyond our control or may also be self-inflicted.

Stress can sometimes be avoided, such as when we are given the liberty to choose which path to take. Oftentimes, however, we just have to learn how to manage stress as we go through our journey in life. For instance, if a family member is the cause of

your stress, you cannot possibly turn your back on him or her, right? What then should you do?

To keep your stress levels in check, it is important for you to be healthy physically and psychologically in order to successfully manage stressful situations. The next time you find yourself caught in a stressful phase, remember to de-S-T-R-E-S-S.

**S**—Sleep was designed by our creator to rejuvenate our bodies. To regenerate cells, renew energy, rest the mind, and repair internal organs and other parts of the body. Without adequate and quality sleep, our mind and body will be unable to efficiently cope with stressful events thrown our way. Sleepless nights are common among individuals who have a lot going on in their minds. However, not succumbing to exhaustion and sleep will make your bodies produce more stress hormones, which will lead to numerous health complications including weight gain. Help yourself by taking naps when you're tired. At night, instead of tossing and turning, pray or do mindful breathing. Try to empty your mind. When a thought crosses your mind, don't dwell on it. Just let it pass. Worrying all night

will not change your situation. Think about getting that precious sleep even just for a few hours so you can fight your battles strong the next day.

**T**—Time out even just for a few minutes is important. You have to pause, breathe, and even pray to help compose yourself. It will save you a whole lot of trouble especially in making major decisions. Deciding when one is emotional is unwise and could be disastrous. You will always regret words uttered out of anger. Whenever possible, excuse yourself from the scene to go to a quiet place or rest-room for a few minutes.

**R**—Relaxation is important even though sometimes we feel guilty and selfish for taking time off for ourselves when we are supposedly doing something to solve all our problems. Relaxing does not always entail spending money. After all, if you have a financial problem, it is not prudent to do retail therapy. Relaxation means doing something different or something that you love, which will make you more productive or improve you. Think about reading books, listening to music, taking a walk, doing arts and crafts, even helping other people who are also broken and in need. If money is not an issue, go on a vacation, get a relaxing massage, or buy food for the children roaming the streets. Do something that will take your mind off your stressful situation. Do something out of your usual routine. It will make your brain create new pathways that will help you think more creatively and positively.

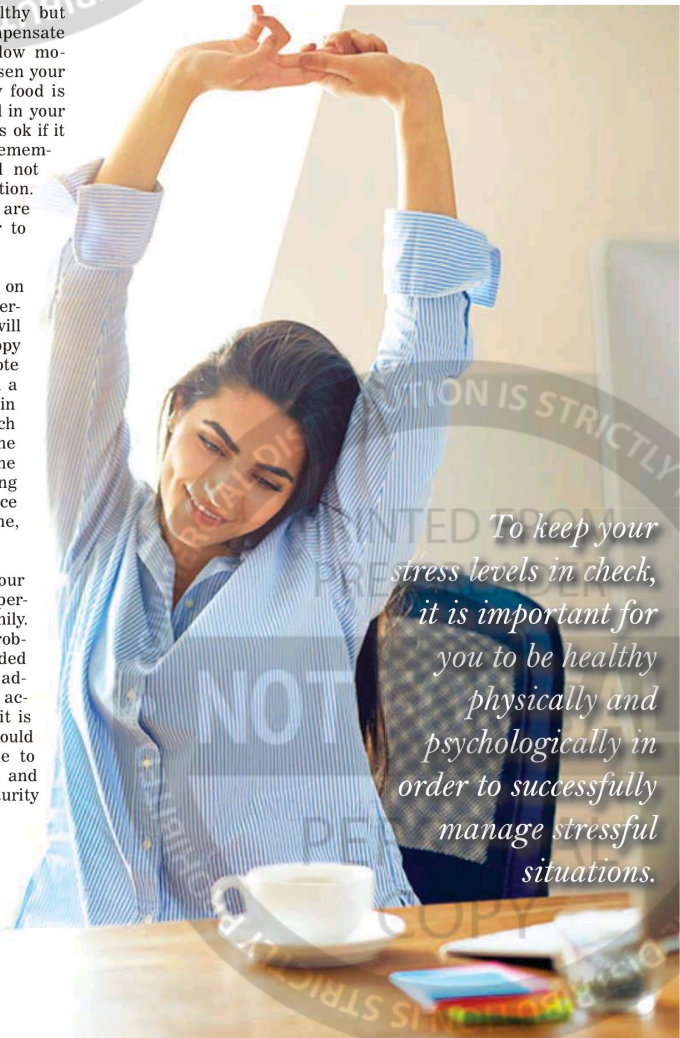
**E**—Eat well even when you are stressed out. It's tempting to

mindlessly grab an unhealthy but perhaps yummy food to compensate for your low energy and low morale. But that will only worsen your mood. Ensure that healthy food is available in your home and in your workplace. A treat or two is ok if it makes you feel better, but remember that binge eating will not really improve your situation. Avoid buying food when you are upset. Drink lots of water to calm yourself down.

**S**—Stay active especially on days when you are overwhelmed with stress. It will help your body produce happy hormones, as well as promote good sleep. If exercising in a gym is not possible, walk in place, or stand up and stretch every so often when in the office. You can also take the stairs, dance at home using instructional videos, pace while talking on the phone, just keep moving.

**S**—Seek support from your family and friends, or perhaps from your spiritual family. If you cannot handle your problems, it is also recommended that you seek professional advice. It may not be widely accepted in this society but it is not something that we should be ashamed of. Being able to accept that you need help and seeking it is a sign of maturity and strength.

cheshireque@gmail.com/  
Instagram: @cheshirequerdn



*To keep your stress levels in check, it is important for you to be healthy physically and psychologically in order to successfully manage stressful situations.*