Is all stress bad?
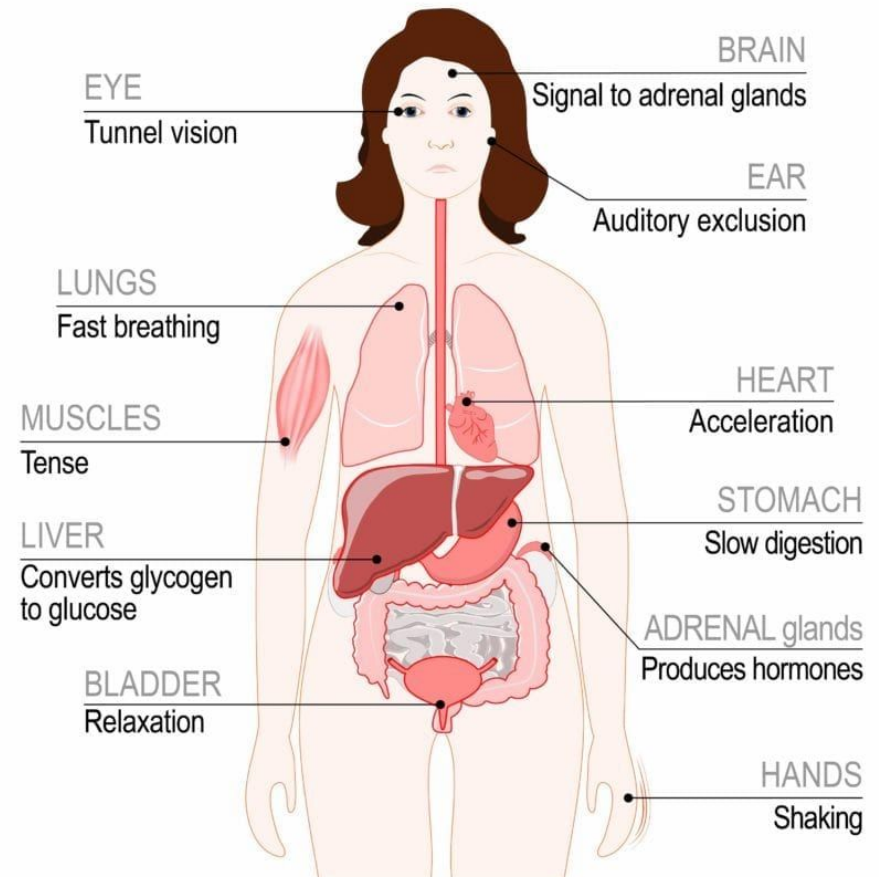
## What is happening inside Usain's body?

Good stress is the type of stress you feel when you're excited. Your pulse quickens and your hormones surge, but there is no threat or fear.

You might feel this type of stress when you ride a roller coaster, compete in a game, or go on a first date.

Good stress is short-term, and it inspires and motivates you, focuses your energy and enhances performance.

There is a line...
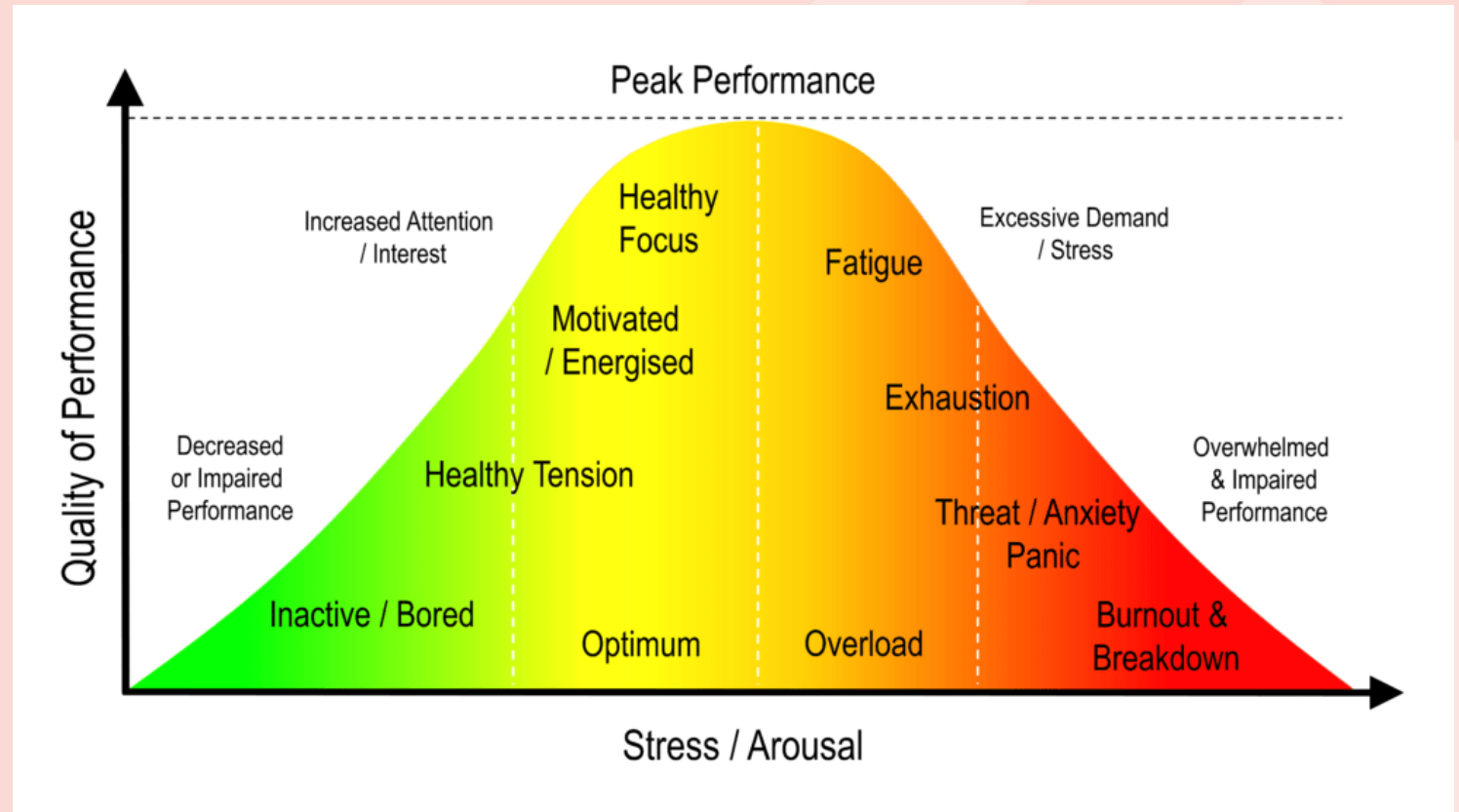
What stresses you out?

Bad stress…

- Bad stress, however, is the kind that wears you out, leaves you jittery and is harmful to your health. Bad stress, or distress, can lead to anxiety, confusion, poor concentration and decreased performance

- Bad stress can be short-term (acute) or long-term (chronic). Acute stress doesn't take a heavy toll on your body if you can find ways to relax quickly. However, chronic stress, when you repeatedly face stressors, can take a heavy toll on your body and can cause negative health effects

What does it do to our physical health?

What does it do to our mental health?

- Stress can cause mental health problems. And it can make existing problems worse. For example, if you experience lots of stress, this might lead you to develop a mental health problem like anxiety or depression. Or a traumatic period of stress might lead to post-traumatic stress disorder (PTSD)

What do you do to de-stress?

So, what can we do about it?

- Be more like Usain...
- We may not all have personal trainers, nutritionists and coaches but, we can learn from those who use their stress to excel

For our bodies:

- Good diet
- Good sleep
- Exercise
- Cold water swimming or dipping/ ice baths
- Take your lunch break!

For our minds:

- **Be kind to yourself** - Learning to be kinder to yourself can help with how you feel in different situations
- **Try to find time to relax** - This might feel hard if you can't do anything to stop a situation that is making you stressed. But if you can allow yourself a short break, this can help with how you feel
- **Develop your interests and hobbies** - Spending time on things you enjoy could help distract you from a stressful situation. If stress is making you feel lonely or isolated, shared hobbies can also be a good way to meet new people
- **Spend time in nature** - This can help to reduce stress and improve wellbeing. You could try going for a walk in a green space, taking care of indoor plants, or spending time with animals

What should we try to avoid?

Self medication….

- Caffeine, alcohol and nicotine are all drugs
- Caffeine can exacerbate anxiety and stress
- Alcohol is a depressant
- Smoking destroys health and costs a fortune
- Illegal drugs come with their own set of risks and never really help you to solve the problem. For example, cocaine and cannabis have been proven to be linked to mental illness especially psychosis - a very serious medical condition
- These can lead to dependency

Try this instead… Take 5

- The five-finger breathing exercise

THANK YOU FOR LISTENING

We are here for you – please don't hesitate to give us a call.
Just pick up the phone or send us a message.

Helpline number: 07723 866627

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