

-Dealing with Stress-

Everyone feels stress at one time or another and it is how you deal with this that counts.

Our bodies are well equipped to deal with temporary stresses by activating out 'fight or flight' response.

However, stress should not be taken lightly as the body reacts to stress, lingers and causes more health problems if untreated. If stress lasts for any length of time our bodies begin to react and break down.

Stress causes our heart rate to increase – beat faster, our blood pressure rises, our breathing quickens and our muscles begin to tense.

Some symptoms that you may experience are:

Digestive problems
Changes in your appetite
Gaining weight
Headaches
Aches and pains and tension in the muscles
Fatigue, tiredness and maybe weakness
Have low energy
Changes in breathing and your respiratory system
Needing sleep more often
Decrease in one's sexual desire and functionality.

Everyone views stress in a different way, so if you can relate to any of the above symptoms, please seek guidance in overcoming stress

Know what the triggers are, learn to recognise them.

I can help you realise this and give you some coping skills to overcome stress and then we can work through the various causes together in a confidential and safe environment.

Phone for an appointment on 0434 436 835 or contact me through my website.
www.caringcounsellor.com.au