REDUCING THE STRESS RESPONSE

BEHAVIOURAL, COGNITIVE AND EMOTIONAL FACTORS.

Although a biochemical process, the severity of the stress response is subjective. The same stressful event will affect one person a certain way and another person a different way. This is due to behavioural, cognitive and emotional factors which means that the context of a person's life always plays a part.

Using these factors can lead to effective, multi-dimensional de-stressing techniques.

- Deep breathing exercises
- Progressive muscle relaxation
- Regular Meditation
- Changing your task do something else temporarily
- · Do more joyful activities
- Mindfulness Exercises
- Write down what you are grateful for

- Use Rational Thinking.
- How can you resolve the issue?
- How can you change the way you think about the issue?

- Focus on positive feelings
- Process and express your emotions - allow yourself to cry when you need to!
- Social support from friends, family and/or support groups is important. Talk to them about your experiences.

