Do you know the signs of stress?

Agitation  Hopelessness  Self-neglect  Personality Change  Withdrawal

Stress Warning Signs

Cognitive
- Memory problems
- Difficulty concentrating
- Poor judgement
- Anxious thoughts
- Constant worry

Physical
- Aches & Pains
- Diarrhea/Constipation
- Chest pain/rapid heartbeat
- Loss of sex drive
- Frequent colds

Emotional
- Agitation/unable to relax
- Moodiness
- Short tempered/irritable
- Depression/unhappiness
- Feeling overwhelmed

Behavioral
- Eating more/less
- Sleeping too much/too little
- Neglecting responsibilities
- Using Alcohol/Cigarettes/Drugs
- Nervous habits like nail biting etc
Any time you feel stressed, don’t worry about what to do,

Just Breathe

Stop and take 2 – 5 minutes
Put your attention on your nose and notice the air coming in through your nose.
Notice the air going through into your lungs.
Open up your ribs and allow the diaphragm to go down and the stomach to protrude out as you breathe in.
Breathe in to a count of 4.
Hold your breath in for a count of 5.
Let your breath slowly go out through your nose for a count of 6.. as you let your stress leave your body with your breath.
Out through your nose into the air.
Out through the sole of your feet into the ground.
Relax you fingers, your neck and shoulders at the same time.
Do this for at least 5 – 10 times, or even better, for 2 – 5 minutes.

Breathe as you wake up.
Breathe before you enter your front door when you come home.
Breathe whenever you feel stressed or anxious.