

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.