

# Wellness Letter

## STRESS

February 2024  
By Emma Eastwood  
Community Connect Worker

### What is it

Stress is a common response to challenging or new situations. Stress has both mental and physical aspects; some are listed below:

releasing adrenaline and cortisol,  
heart beats faster,  
breathing quickens,  
stomach may feel uneasy,  
muscles tense up,  
skin can become sensitive.

The aim of your body doing this is to keep you alert and able to face challenges. Once the stressful situation is over these symptoms should pass.

Good stress is productive,  
problematic stress is overwhelming.

If stress has not subsided it is recommended to seek professional assistance.



### Key Terms

Stress, nervousness, and anxiety are often used interchangeably, however, there are key differences.

Stress: is the fight of flight response responding to real or perceived danger.

Nervousness: is the temporary reaction responding to a specific event.

Anxiety: is a chronic and pervasive issue, responding to our emotions; which can affect aspects of daily functioning.



### Unproductive Stress

Signs to look out for that point to stress no longer being productive:

Feeling Unable to Cope,  
On Edge,  
Changes in Sleep Patterns,  
Exhaustion,  
Appetite Changes,  
Headaches,  
Muscle Tension,  
Upset Tummy,  
Difficulty Concentrating,  
Irritability,  
Withdrawal from Friends and Family,  
Reliance on Alcohol or Other Substances to Cope.

# Wellness Letter

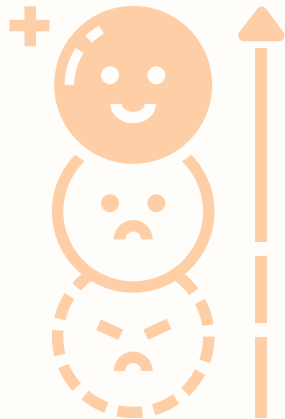
## STRESS

### Resources

A Guided Meditation with the Jellies [jellyfish] by [Monterey Bay Aquarium](#), Youtube Video

Create a Circuit Home Workout Infographic by [American Heart Association](#)

Isle of Calm: Stream 6 Hours of Soothing Music by [National Public Radio \(NPR\)](#)



### Prevention?



Life is full of unpredictable events, learning experiences, and life transitions which can all cause a level of stress, so it is unavoidable.

Fortunately, there are many things we can do to help manage stress and/or reduce the symptoms; these include:

- Breathing activities,
- Grounding techniques,
- Focusing on a soothing word such as 'peace' or 'calm',
- Visualising a tranquil scene such as a beach or meadow,
- Practicing yoga,
- Practicing ta chi,
- Exercise,
- Slowly counting to 10,
- Talking about it,
- Getting enough sleep,
- Eating well balanced meals,
- Drinking water,



### Connect with LOMCC

