

NATIONAL STRESS AWARENESS DAY



Stress is unavoidable in our fast-paced environment. Stress is a response to any given situation and we must know how to manage it. Read on for a comprehensive guide on stress management.

What is Stress?

Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. The way you respond to stress, however, make a big difference to your overall well-being.

-World Health Organisation



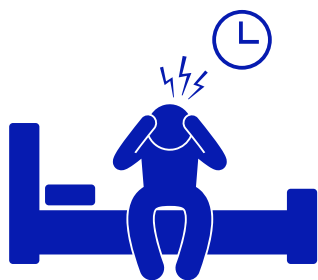
Type of Stress

- **Acute stress** (stress that lasts for a short period of time, like a few hours to a few weeks. Acute stress is characterised by its ability to be reduced with certain relaxation techniques. Acute stress can range from a traffic jam, meeting deadlines to bereavement and natural disasters.
- **Chronic stress** (long term stress caused by financial, familial, emotional, social problems and more). It is stress that continues for weeks or months, without rest and can cause long term effects on our health and wellbeing.
- **Eustress** is a positive stress that can help with alertness, motivation, resilience, contentment, self efficacy and flow.

WHAT HAPPENS TO MY BODY WHEN I AM STRESSED?

- Stress activates the body's flight or fight response.
- The nervous system floods the body with hormones like adrenaline and cortisol to manage the stressors or the situation.
- These hormones increase heart rate and alertness, sharpen senses and slow down blood flow to major organs and muscles, to provide a burst of energy. These symptoms subside as stressors. In case of chronic stress, no rest is available despite the lack of stressors. This can have long term implications.

SOME SIGNS YOU MIGHT BE STRESSED-



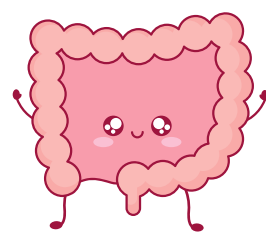
Disturbed sleep and eating patterns



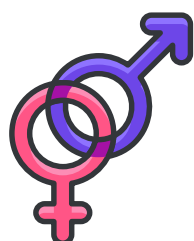
Fatigue and irritability



Skin concerns like eczema



Gastrointestinal disturbances and discomfort



Sexual dysfunction



High blood pressure



Mental health issues like anxiety, depression, panic attacks & more



Muscle tension

Chronic illnesses have disease-specific symptoms but may also have invisible symptoms and disrupt our lives in a number of ways. Stress can build and can shape your feelings about life.

Long periods of stress can lead to frustration, anger, hopelessness, and, at times, **depression**. This can happen not only to you, but also to your family members.

They're also influenced by the chronic health problems of a loved one.

IF I HAVE A CHRONIC ILLNESS, HOW CAN I MAKE MY LIFE BETTER?

- Asking for professional help when you need it, your mental health provider, the two of you can design a treatment plan to meet your specific needs. And there is no wrong in seeking help.
- Relaxation techniques like meditation, yoga and deep breathing can help centre your attention.
- Exercising releases endorphins, which are hormones that reduce stress, relieve pain and boost your mood.
- Spending time with loved ones, like your family, friends and pets
- Taking care of yourself is an active effort that includes taking care of your body, mind, spirit and equipping yourself with skills that help you manage symptoms of stress.
- Letting of obligations that you don't really need to do or want to do.
- Avoiding negative coping mechanisms like alcohol and substance abuse.

WHAT KIND OF HELP IS AVAILABLE FOR SOMEONE WITH A CHRONIC ILLNESS?

Support groups are useful for sharing experiences. They provide an environment where you can learn new ways of dealing with your illness from other people's coping strategies. You may want to share your own approaches, too. You'll know that you aren't facing hardships alone.

Counseling- Sometimes people have problems that are better addressed in an one-on-one setting. By taking part you may more effectively express sensitive or private feelings you have about your illness and its impact on your lifestyle and relationships. There are a specific group of trained of mental health providers who have extensive training in coping with chronic illnesses.

HELP SUPPORT WOMEN DEALING WITH ENDOMETRIOSIS AND PCOS



**ARE YOUR LOVED ONES
LOOKING FOR SUPPORT GROUP
FOR ENDOMETRIOSIS AND
PCOS?**

Get involved

Get Informed

Women with wings

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Reach out to us at-  communications@pairacademy.org

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