



Managing Stress

Stress Response

- In today's world, stress is so common-place it has become a way of life.
- Stress isn't always bad. In small amounts stress can be helpful, as in competitive sports.
- Fight, flight, freeze is the body's natural response to real or perceived danger. Our body responds by releasing a flood of stress hormones which may cause bodily changes like tense muscles, rapid breathing, sweaty palms, and a racing heart.
- Excessive amounts of stress over long periods can damage this natural response and keep our bodies in a constant stress mode.
- Managing stress involves changing stressful situations when you can and changing your reactions when you can't change the situation. It also involves taking good care of yourself by making time for the healthy things that make you feel good.

Relaxation

- Relaxation helps to settle the fight, flight, freeze response and turn on the body's natural relaxation response.
- Relaxation skills can positively influence our mind, body, behaviour and emotions.
- Relaxation is a skill learned through repetitive practice.
- There are many ways to initiate relaxation. The key is to find the ones that fit for you.