



RELAXOLOGY

Stress Management Training

FACT SHEET

What is Stress?

Stress can be defined as the experience of unpleasant over or under stimulation which actually, or potentially, leads to ill health.

A certain amount of stress is necessary for an active, healthy life, however high levels of stress can become maladaptive and potentially harmful.

Stress is part and parcel of our existence. It can come with both positive and negative experiences.

A certain amount of stress is essential for life. As human beings we need the stress response to live, work, strive to improve ourselves, complete tasks and excel at different things.

Some emotions associated with Stress include:

Anxiety	Irritability	Fear	Depression	Guilt
Tiredness	Tension	Apathy	Hopelessness	Anger
Frustration	Loss of concentration A feeling on worthlessness			

Some physical responses to Stress include:

Increased pulse rate	Increased perspiration	Tightened stomach
Tense arm and leg muscles	Shortness of breath	Gritted teeth
Clenched jaw	Inability to sit still	

Some behavioral responses to Stress include:

Increased use of medications	Absent mindedness	Nervous tics
Accident prone	Hair pulling, nail biting, foot tapping.	
Increased or decreased sleeping	Uncalled for aggressiveness	

Why Manage Stress?

Learning skills to manage stress will enable you to function more effectively. You will then be able to cope with current stresses in your life, develop your ability to use your energy more efficiently and take on responsibilities you never thought you would be able to cope with. Learning to cope with stress will help to improve you quality of life

Relaxation can:

Reduce the stress response	Reduce pain	Reduce fatigue
Promote sleep	Improve personal relationships	
Increase self-esteem and self-confidence through self-awareness		