

What can you do to avoid stress?



Each year, an increasing number of people suffer from stress, and the consequences for the person affected and the family are often considerable. But stress can be prevented if you take this simple advice:

WHAT YOU CAN DO TO AVOID STRESS

1. Get 7-9 hours' sleep per night.
2. Exercise, ride your bike or take a walk
3. Eat a healthy, balanced diet
4. Practice meditation or mindfulness 5-10 minutes a day is enough
5. Use your friends and family – for relaxation and fun, but also for help when you have too much on your plate
6. Prioritise doing things that make you happy and boost your energy



THREE TIPS FOR GREATER WELL-BEING IN YOUR EVERYDAY LIFE

Besides the tips listed above, you can also focus on your general state. Here are three tips for greater well-being in your everyday life.

1. Breathe

It sounds so simple, but it can help you avoid becoming ill with stress. When you are stressed, your body is in a constant state of alert and adrenalin rushes through your system. By breathing deeply into your stomach you can reduce the release of adrenalin, and thus reduce your stress level. Set an alarm to go off a few times a day and take three to six deep breaths into your stomach.

2. Live a conscious life

Focus on being mindful of yourself and your body instead of living on autopilot. Regularly ask yourself “how am I really feeling”, and act accordingly.

3. Treat yourself and your body with care

This is the key to treating yourself well. Do good things for yourself that tell you that you are good enough the way you are. Be aware of any negative thought patterns. If you constantly have a little devil on your shoulder nagging you if you say something embarrassing or do something stupid, then whisk it away and rid yourself of your judgemental superego - it only adds to your level of stress.

TYPICAL STRESS SYMPTOMS AND WHEN YOU NEED TO REACT

If you experience symptoms of stress for a period of more than two weeks, it is important that you do something about it right away. Here are the typical symptoms of stress:

