



Stressing the Positives

All you need to know about stressing the positives

By visiting the ISMA website you will find more information on our
“7 positives for a better life” including free downloads.

www.nationalstressawarenessday.co.uk

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**International Stress
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Promoting well-being and stress prevention

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Stress and pressure are not the same. Pressure is a part of life which includes the joys and hassles; it keeps us interested and on our toes, alert, alive and involved.

Too much intense or excessive pressure becomes draining mentally and physically and can result in undesirable, harmful outcomes known as stress.

Stress v Pressure

Stress

- Headaches/migraine
- High blood pressure
- Stomach upsets
- Muscle tension
- Loss of confidence
- Poor sleep/insomnia
- Irritability/mood swings
- Anxiety/depression

Pressure

- Motivation
- Excitement
- Zest for life
- Optimistic and energised
- Increased performance
- Impetus to achieve success
- Boosts inner potential
- Creatively helpful

Excess Pressure or Stress comes from 6 key areas:
Here are a few ideas to ensure that you keep stress at bay and enjoy life.

Control

Having control of your thoughts, reducing worry, being solution focused. Having a say in how you arrange your life, plans, work and home life.



Relationships

Spending time with people who energise you rather than those who drain all your reserves and leave you feeling empty.



Support

Developing effective back-up and encouragement. Being able to share life and work challenges.



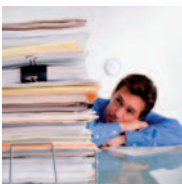
Role

Being aware of which role you are taking - son, daughter, parent, partner, colleague, friend and then managing the expectations!



Demands

Keeping the demands made on you to a manageable level is essential. Improve your assertive skills and learn to say 'no' kindly.



Change

Accept that change is inevitable and constant. It's how you deal with change that determines whether you will feel stressed. Be flexible!





7 Positives For A Better Life

1. Change the thought - Change the outcome:

This is the starting point, reprogramming your brain by replacing an unhelpful negative thought or belief with a new positive one. Use your imagination to visualize or 'show' your brain what you want. The power of the mind cannot be under-estimated!

2. Self-belief starts with you:

Self-belief is an empowering way of taking more control in your life rather than relying on others to make you feel good. Do something fun or caring for yourself today!

3. Don't just do what you did last year:

Repeating what you always do will bring you the same outcome unless others change, and this is not in your control. So if you didn't like all that happened last year make plans to change; set new goals, and do something different!

4. Deal with difficult decisions now, not later:

"Never put off until tomorrow what you can do today." We all know this, but positive action is required to make it happen. Prioritise and do the difficult tasks first so you have a clear focus for the rest of the day, making you less stressed and more productive!

5. Find reasons to say "yes":

"I would love to, but..." here comes the negative reason why you can't! It can be a really positive experience just to say yes - if it is possible, and is what you want. Then try to find ways that will allow you to take advantage of the opportunity. Maybe you need others to persuade you to take control and help you to decide for yourself!

6. Renegotiate:

Stuck with what you have always had and now want a change? Look at learning to develop and use your assertive skills; ask for what you want, discuss your changing needs and expectations with yourself and others to reach the deal that works for you!

7. Flip it!

There are always two sides to every situation, sometimes more. Take time to look at all your options, don't just assume. Maybe ask others and make informed choices based on facts!

Always consult your GP if you are concerned about your health