



## Negotiable

 Irelex New Zealand



 See on [ServiceFinder.co.nz](https://www.ServiceFinder.co.nz)



Stress causes Everyone experiences stress, but the triggers can vary from person to person. Many people report that work causes the most stress in their lives – whether it be a workload that’s too heavy, long hours, poor management, bullying or general work dissatisfaction. Problems at home, such as financial troubles, relationship issues, a house move, poor health etc, are also powerful stressors. Stress can also come from within. Many people suffer from low self-esteem, anxiety, fear of change and unrealistic expectations. These are all feelings which impact on mental health and lead to high stress levels. What Is Stress? Stress is mental pressure felt by people as they encounter situations that are overwhelming and/ or difficult. As well as taking a toll on mental health, stress is draining emotionally and physically. Left unchecked, it can lead to further mental health problems such as depression and anxiety and serious physical problems such as high blood pressure and heart disease. What Are The Physical Symptoms Of Stress? Insomnia Lethargy Stomach problems including cramping, diarrhoea, nausea and constipation Headaches and migraines Muscle tenseness Chest pain Low immunity leading to illness Dry mouth, clenched jaw, teeth grinding Nervousness leading to shaking, ringing in the ear, rapid heart beat Selfcare Solutions For Stress Relaxation is key to undoing the damage caused by stress. As well as taking the time to do and experience things you truly enjoy, follow some of the relaxation advice below. Relaxation Tips: Exercise Exercise produces endorphins, which are the body’s natural pain killers. Regular exercise is clinically proven to lower your stress levels and lead to better sleep – which is vital to a healthy body and mind. Mindfulness Mindfulness is the practice of being aware of each moment of your day as it happens, rather than focusing on the past or future. Becoming more mindful helps reduce tension, stress and anxiety. Meditation and yoga are both excellent methods of achieving mindfulness. There are also many apps available which can teach you how to achieve this calming state. Supplements Try supplements which promote mental health, relaxation and wellbeing. Some popular choices include valerian root, green tea, omega-3 fatty acids, ashwagandha, vitamin B complex and magnesium. Unplug regularly Consider turning off your phone and putting away all screens for 24 or 48 hours. A break from the constant barrage of information, interactivity and social media will help calm your mind. Massage Studies have shown that massage therapy can improve both your mood and sleep quality, while relaxing the muscles and relieving physical tension.