

Relaxation and Stress Management

About Relaxation & Stress Management

Stress affects both the mind & body, and impacts overall health & well-being. Unmanaged, it can lead to an increased risk of both mental & physical problems, such as infection, illness, diabetes, obesity, heart disease as well as depressive and anxiety disorders.

There are healthy & unhealthy ways that people deal with stress. Learning healthy ways to manage your stress can help you to prevent its negative consequences. We all feel stressed at certain times of our lives. The experience of stress is unique to each person - what one person perceives as stressful may not be stressful to another person. And, it can be experienced across different age groups.

Become aware of what causes you stress

By identifying the sources of your stress, you can learn ways to positively manage your stress levels and improve your health and sense of wellbeing. Stressors include relationship problems, conflict at work or at home, a death or illness in the family, study, job dissatisfaction, unemployment or high workloads, financial worries, constant worry about the smaller things in life – even positive life events like getting married or starting a new job can cause stress.

Difficulty sleeping, changes in appetite, panic attacks, muscle tenseness and soreness, regular angry outbursts, frequent headaches, prolonged feelings of sadness or worthlessness, gastrointestinal problems, feeling unwell or lethargic are all indicators of unmanaged stress.

What's in a session:

These sessions help you to learn more about your mind-body connection with stress. They are holistic sessions which focus on the whole you – the mental, emotional, physical, spiritual and social connections and how they are impacted by your unmanaged stress.

A session may consist of:

- **a discussion** to learn more about you and the stress you are experiencing

- **practical, simple** relaxation methods or postures that you can do at home and at work
- **hands-on** energy balancing
- **coaching to help** you bring change and transformation into your life

These sessions do more than focus on relaxation techniques, we work with specific approaches to encourage specific relaxation states relevant to your issue. There isn't a "one size fits all" approach to stress management.

We recognise each person is different and different people and different sources of stress require an individual, tailored approach to help evoke a healing state. For example, say you are experiencing difficulty sleeping, as well as exploring the factors associated with your poor sleep, we will show you practices that induce a specific relaxation state for sleepiness and disengagement and support you with personal coaching to help you feel comfortable and at ease using them.

Changing behaviour & habits take time:

Accumulated stress, that is stress which has developed to a level where it is seriously impacting health, wellbeing and relationships, needs to be worked with regularly so that unhealthy coping patterns and habits can be replaced with healthy stress responses. At first, it's important to have a few regular appointments with your practitioner so that you can learn new habits and responses and make them part of your daily living.

Regular appointments help you to recognise your progress and how your new, healthy way of managing stress is helping you to live your life more fully. Regular sessions help you maintain your commitment to practicing your take home exercises and help to make sure you don't slip back into poor or more familiar habits. You can also build up your relaxation toolkit by learning new methods for stress management.