

THE 10-STEP STRESS SOLUTION

BY NEIL SHAH



STEP 1 PRIORITISE YOUR HEALTH

It is important to have a comprehensive understanding of your mind, body and spirit. Stress is the leading cause of poor health and it is up to you to reduce and, where possible, remove any stressors in your life.

STEP 2 GET A GOOD NIGHTS SLEEP

Sleep is essential to maintain good mental health. It is nature's healer; the opportunity for your brain and body to repair. Aim for 8 hours sleep each night.

STEP 3 PRACTICE DEEP BREATHING

There are many breathing techniques that can help minimise stress. Practice breathing for stress relief and mindful breathing.

STEP 4 STAY HYDRATED

Women need to drink between 4 and 8 pints each day which may fluctuate/increase if pregnant. Men need between 5 and 8 pints per day.

STEP 5 EAT FOR WELL-BEING AND NOT FOR STRESS

Eating healthy nutritious food is a simple method for helping to relieve stress. When experiencing stress, it is vital to replenish your body's stores of B vitamins, vitamin E and essential minerals like magnesium.

STEP 6 GET MOVING TO COMBAT STRESS

Exercise is the shortest route to a feeling of well-being, relaxation and a physical glow. Being active can burn off stress hormones, boost your feel good endorphins and take your mind off your daily worries.

STEP 7 ADOPT A POSITIVE MINDSET

Being in control of your thoughts vastly increases your ability to find solutions to challenging situations and deal more effectively with stress and pressure.

STEP 8 BE THE MASTER OF YOUR TIME

Time management is a stress-management technique. If you fail to master your time, you get overwhelmed, stress, and your productivity and efficiency diminish.

STEP 9 DON'T BE A SLAVE TO TECHNOLOGY - MASTER IT

Many of us feel the stresses caused by technology. Restricting screen time or taking a digital detox can be really beneficial for mental wellbeing.

STEP 10 LEARN TO SAY NO

Set boundaries, know your limit and feel comfortable telling people 'no'.