

During challenging times in life, it is easy to find ourselves in situations where stress begins to accumulate. Circumstances arise that prevent you from successfully managing stress in ways you did previously. If you find yourself in a situation like this, Isorropia Foundation has put together some advice to help you navigate through these times.

Keep in mind that stress isn't a bad thing

Stress motivates us to work towards solving our problems. Reframing thoughts to view stress as an acceptable emotion, or as a tool, has been found to reduce many of the negative symptoms associated with it. The goal is to MANAGE stress, not to eliminate it.

Talk about your problems

Talk about your stressors, even if they can't be solved it's good to acknowledge them. This will release the hormones in your body that reduce the negative feelings associated with stress. Time spent talking with friends and loved ones is important and valuable, even when you have a lot on your plate.

Prioritise your responsibilities

Think about what you need to achieve in the next few days and focus on completing the quicker tasks first. Having too many 'to-dos' can be stressful even if none of them individually appear very big. Quickly knocking out the small tasks will clear your mind to focus on your larger responsibilities.

Focus on the basics

Stress can start a harmful cycle where basic needs can start to become neglected, this in turn can lead to more stress. Make a point of focusing on your basic needs, such as eating well, keeping a healthy sleep schedule, exercising, and other forms of self-care.

Don't put all your eggs in one basket

People who are overinvolved in one aspect of their life often struggle to deal with stress when that area becomes threatened. Balance your time and energy between several areas. Such as career, family, friendships and personal hobbies.

Set aside time for yourself

Personal time normally gets moved to the bottom of the list when things are hectic. When personal time is neglected, everyone else tends to suffer. Set aside time to relax and have fun every day, without any interruptions.

Keep things in perspective

In the heat of the moment, little problems can feel bigger than they actually are. Take a step back and think about how important your stressors are in a bigger context. Will they matter in a month? A year? Writing about your stressors will also help you develop a healthier perspective.

