

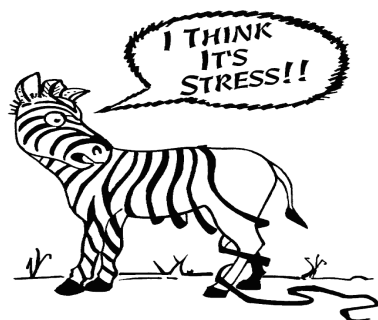
Stressbusters

It's normal and common to be stressed by life. Everyone - parents, students, professionals and including those that we envy - experience it. The doctors admit that they, too, have had to manage the stress in their lives. And being bowled over by anxiety is not a weakness. In fact, it's often the tough among us who succumb because they continually make themselves available to others, are reluctant to ask for help and soldier on, no matter what.

Stress is natural. Our bodies and minds have been programmed to respond to threats since the days of living in caves.

So here's some really simple, but effective ways to manage a stressful day:

- **Relaxation:** Think about what you find relaxing and build it into your day. Like breathing techniques, meditation, a game of table tennis or a walk around the block.
- **Do things you value:** Think about what gives you a good feeling and meaning. If you prioritise these areas in your life, you may feel less stressed because you are no longer trying to spread yourself too thin.
- **Connect:** Social support can act as a buffer against stress so surround yourself with people who know how to relax and have fun. Get alongside the funny guy at work.
- **Be in the moment:** By engaging in the present we are less likely to worry about the past or future. Take yourself to that "happy place" or "space"..
- **Use some humour:** Watch one of your favourite comedy shows and have a good laugh.
- **Dig in to some healthy food,** always get adequate sleep and of course exercise is a must.
- **Learn to say no:** Turn down requests to do things for others at the expense of yourself.
- **Prioritise:** Self care will ensure you can take care of those closest to you.



If only the Zebra had managed his days a little better!

Perriam & Partners Ltd

Chartered Accountants & Business Advisors

Unit 4, 35 Sir William Pickering Drive PO Box 20-222, Bishopdale, CHRISTCHURCH

Telephone: (03) 358 3108, Facsimile: (03) 358 3120 E-mail: firstname@perriams.co.nz