

What is Stress?

There are several definitions of stress however the most important thing to know about stress is that Stress Is Real. The definition I will use here is that stress is the mental, emotional and physiological state that exists when a person is unable to tolerate, adapt or manage the demands of the current environment or situation. The causes of stress are many. From real physical demands, such as work load, additional stressors such as loud or annoying sounds, multiple simultaneous demands, to excessive mental and emotional demands right through to simple fatigue. There are things we do and think about which can add o our stress. If we engage in stressful activities, if we fail to engage in enough rest, if we bite off more than we can chew we will all become stressed at some point. From the point of veiw of the mind there are several things we can do that will exacerbate the stress we experience. Worry and rumination contribute enormously to stress. If we have beliefs or attitudes or rules that are extreme, or perfectionist we will un-necessarily increase the stress we experience. Boredom and a lack of stimulation will also increase our stress levels. There are many other causes of stress. However the most important thing to realise is that stress is real.

What are the symptoms of stress?

The human being has a limited capacity for stress. In many cases our capacity for stress is enormous however humans have an innate ability to totally live at their limit of stress constantly and for most of their lives.

As your stress levels increase you capacity to tolerate more stress goes down. When this state arises the following may occur

Mental Symptoms of Stress

Confusion
Intolerance of additional mental activity
Poor concentration
Poor judgement
Poor memory

Emotional Symptoms of Stress

Anger
Angry outbursts
Frustration
Mood swings
Short temper

What can be done to reduce stress?

Much can be done to massively reduce stress. Any program to reduce stress should be comprehensive and look at mental, emotional, physical, environmental and situational strategies. In any case a thorough assessment of your situation and identification of the causes of stress is necessary. All good treatments will provide you with education, understanding of how the mind contributes to stress and give you directions to change your stress immediately

What to do next?

If you believe that you or someone you know is suffering from a stress related problem, or if you or someone you know has several of the above symptoms the first step is to call for an appointment and make a booking.