

Tame Your Stress Response

So far, so fine. But here's the thing. (Of course there's a thing!)

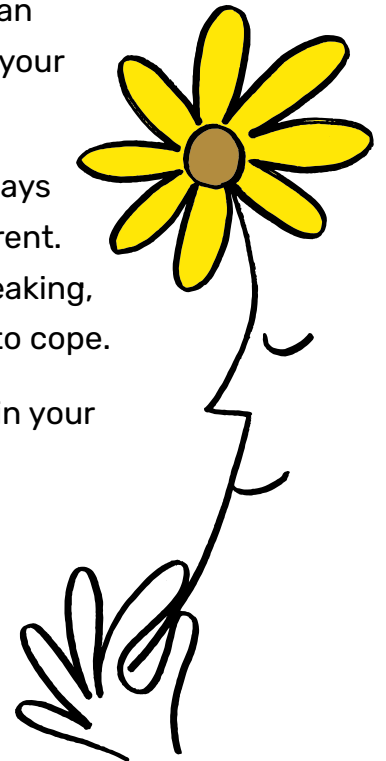
The world is full of could-be stressors. Sometimes one big thing can weigh you down. In other moments, it's lots of little events and circumstances.

The "fight-or-flight" stress response is forever on alert, but it was never meant to be always on. Nor is it equipped to judge levels of alarm.

"It may not know the difference between a mammoth and a traffic jam," the Centre for Studies on Human Stress explains. "It secretes the same stress hormones, while you are stuck in traffic or being chased by an aggressive bear, which have the same effect on your mind and body."

The body gets mixed up and run down when always dealing with "crisis" situations. Everyone is different. Some people thrive on deadlines, love public speaking, like to get lost. There is no one-size-fits-all way to cope.

Stressors help to identify situations and events in your life that may activate your stress response.



10 tips for tackling “crisis” situations

The Centre for Studies on Human Stress is a champion when it comes to helping people of all ages and stages. They offer the following 10 tips that might inspire you to think about the way you cope. Experiment here, try one tip, then another. Find what works for you!

1.

Be positive

Think of obstacles as a chance to learn.

6.

Make connections with people

You're not alone!

2.

Make the choice to not overreact

Deal with each stressor one at a time.

7.

Deal effectively with mistakes

Own it, apologize and propose a solution.

3.

Take an objective view

Look at your stressor in the right context.

8.

Deal effectively with successes

This will build on your competence.

4.

Communicate

Don't ruminate or bottle up your emotions.

9.

Develop self-management

Train yourself to fully prepare for your task or activity.

5.

Accept yourself (and others)

No one is perfect.

10.

Maintenance

Practise, practise, practise for a long life of resilient living.

What other healthy coping strategies come to mind?

Think of three stressors in your life.

What tips might you apply against each stressor?
