

Managing Stress



When we're under threat, chemical changes in our body prepare us for fight, flight or freeze. **Exercise** and **relaxation** help get things back in balance...

Exercise uses up the stress hormone adrenaline and produces the feel-good hormone serotonin.

Find an exercise routine that suits you. The gym, mountain biking, zumba, football or walking your dog.



Go gentle and steady. High octane exercise will just pump more adrenaline to your system!

Relaxation gives us space to recharge and regroup. It interrupts the production of adrenaline and produces the feel-good hormone serotonin.

Find your calm. Listen to music, cook, garden, wash your car or spending time with family, friends and pets.



Go outside. Being in nature will help re-set your internal alarm.



Exhale slowly. This can be a quick fix if you feel your stress levels rising.

Keep at it! You may have to practice new skills for a while before they start to work.

