

# Stress-busting advice



Stress can be very bad for your mental and physical health. However, beating stress can not only mean you can cope with daily problems better, but that you can also be happier. You can manage your stress to live a healthier, happier life.

According to research surveys conducted on people from all around the world, about 85% of the things we worry about never actually happen. Also, around 80% of people say that when the things they worry about actually do happen, they handle it really well.

According to South African statistics, women are much more prone to stress than men, with 32% of women reporting being very or highly stressed. This compared with 19% of men who report being very or highly stressed.

More than 85% of employees say that work causes them stress. Health, home life, romantic relationships, and money are the other leading causes of stress.

## Impact of stress

Stress has a significant impact on physical health. This is because stress hormones affect your body and brain. 26% of highly stressed employees say that they experience poor quality sleep and 19% say that they have low energy during the day.

Highly stressed people are also more likely to be

at risk for heart disease, headaches, back and neck pain, and are significantly more at risk of suffering from depression. They are also very likely to have anxiety and suffer from panic attacks.

## Rid yourself of stress

The good news is that you don't have to live with stress and you can manage it. Here's how to start:

- **Lean on your friends.** People with strong social relationships suffer a lot less from stress.
- **Take a walk in nature.** Research shows that being in nature reduces fatigue, frustration, and anger.
- **Listen to music.** Music really does have healing qualities.
- **Exercise.** Physical activity, whether intense or gentle, floods the brain with stress-busting hormones.
- **Get a massage.** The physical contact and forced relaxation helps reduce stress.
- **Laugh more.** Laughter reduces tension and eases stress.
- **Give.** Being charitable helps to reduce stress.

If you are battling to get rid of your stress, speak to your doctor. You don't have to live with stress.