CHENNAI MINDS LEAFLET – BAD STRESS

All You Need To Know About Bad Stress

Dr Radhika MBBS MRCPsych MSc(Psychiatry) CCT(UK

BAD STRESS – HOW TO COPE WITH IT?



Stress is about perception. Its when an individual feels less equipped to deal with a threat. Stress is a physical "flight fight response "including hormones such as adrenaline, epinephrine and cortisol.

IS STRESS GOOD OR BAD?

One myth is that stress is bad for you. Stress can be a good thing in mild doses and can even improve and optimize performance. Excessive stress can be bad for the emotional and physical well-being on an individual

HOW DOES STRESS AFFECT US?

Stress can affect the body, thoughts, feelings and behaviour adversely. At the physical level can affect us by causing headaches, aches and pains, sleeplessness and reduced immune system. Stress can affect the mind and cause anxiety, anger, depression, concentration difficulties, low self-esteem and feeling moody. Behaviours may be impacted and cause changes in eating, relationship problems, alcohol misuse and avoiding people.



3 QUESTIONS TO ASK YOURSELF IF YOU ARE STRESSED:

1. What exactly is causing me the stress I am feeling?
2. Is there one small step I can take today to make me feel better?
3. What can be altered to make me feel more in control of my life?

PRACTICAL WAYS TO DEAL WITH STRESS

- Being connected not only to the outside world but also to our feelings, physical sensations and thoughts can go a long way in being aware of how we are affected by stress.
- Information overload and the pressure to stay informed and up to date may be a contributory factor.
- Try to avoid screen (including TV, computer) for extended periods and use that time for leisurely activities such as gardening, cooking, exercise etc.
- Pay attention to regular healthy diet, stay hydrated, get 8 hours of sleep and maintain regular physical activity to combat stress.

If you still feel overwhelmed by stress, Dr Radhika from Chennai Minds can help you devise a personalised stress buster plan and counsel you on practicalities of coping and handling stress.

DISCLAIMER

All the details contained in this leaflet are for information purposes only. You need to consult a Consultant Psychiatrist well trained to treat this condition. CHENNAI MINDS takes no responsibility for the information or the consequences of the decision made on reading this information leaflet.