



Dr. Aamer Iqbal, The Coaching Doctor

Collaborating Health and Wellness

Stress: What to do about it

As technology has provided inventions and innovations to make life easier, paradoxically the level of stress in life has risen. With very few exceptions, stress affects our lives one way or another with varying degrees. Actually, a little bit of stress is desirable, for without it nothing would happen, and life could well be dull and boring.

Stress is an individual's reaction to excessive pressure or demands and this develops into the individual worrying about his ability to cope.

What causes stress?

Stress results from increasing demands on a person's life at work, at home or both. There may be a high workload, tight deadlines, and lack of support or feeling of insecurity at work. At home there may be relationship problems, unfulfilled expectations, excessive or unreasonable demands and inadequate resources.

What does stress do?

Stress puts strains on physical and psychological functioning. A person may feel distressed and have low motivation. The loss of energy and tiredness lead to a decline in well-being and health. There may be low productivity at work and strained relationships at work and at home. Stress lowers the body's ability to fight infections by weakening the immune system. Various hormones produced as a result of stressful situations lead to chronic illness.

Stress can thus affect the economy negatively.

How do you know you have stress?

Most people know they have stress when they feel overwhelmed and cannot find a way out. They may experience sweating, lethargy, altered sleep, restlessness, increased smoking, lack of concentration, , memory difficulties, mood swings, , depression, lack of confidence, reduced performance, loss of control, procrastination, irritability, aggression or increased conflict.

The next step: email thecoachingdoctor@gmail.com or send a text message to 92(0)333 4334424 to book an exploratory session. You can then learn if and how we can work together.



What to do if you have stress

In the first place try to avoid it by maintaining positive emotions which keep you in a state of . This gives you a feeling of control on yourself or on the circumstances. This alone helps prevent stress from overpowering you.

The following measures can help reduce stress:

- Get your priorities right --- sort out what really matters in your life.
- Think ahead and try to work out how to get around difficulties.
- Share your worries with family or friends whenever possible.
- Stay sober --- drugs, smoking and alcohol will not make the problem go away: it will be there to haunt you, unless you deal with it directly.
- Seek information, help and advice --- yes it takes an effort, but is worth it.
- Take up hobbies
- Exercise regularly.
- Eat good, wholesome food (fruit, vegetables, whole meal bread); sugary, fatty foods can complicate stress.
- Lead a healthy lifestyle.
- Appreciate and reward yourself for positive actions, attitudes and thoughts.
- Regard difficulties and personal failings as challenges to improve your performance, ingenuity and stamina.
- Go easy on yourself --- try to keep things in proportion.
- Don't bottle things up and sit brooding --- think realistically about problems and decide to take appropriate action. If necessary, distract yourself in some pleasant way.
- Seek medical help if you are worried about your health.
- Know that many people have faced difficulties and dealt with them successfully, with or without help.
- There are always people who are willing and able to help whatever the problem --- benefit from their experience.
- Control your emotions; learn better communication and how to change your state from one of weakness to one of power.
- Practice breathing exercises, meditate, pray and give something to the community. That nourishes the soul.