



connect

wellbeing, ability, recovery

STRESS & THE MODERN WORLD

Stress, anxiety and worry are all afflictions of life in the modern world.

The word stress is usually used to describe the feelings that people experience when the demands made on them are greater than their ability to cope.

At such times people can often feel overloaded, under tremendous pressure and very tense or emotional.

Stress affects everyone, young and old and is a completely normal reaction that all human beings will experience from time to time when faced with situations that they feel under pressure in.

According to the BITC Mental Health at Work Report 2017, 85% of workers in Northern Ireland have felt stress at work.

An ever changing and a modern world can be a positive force in our lives but it can also be disconcerting for people who are experiencing a great deal of stress in school, the workplace or in their personal lives.

The digital world, insecure employment prospects, exam/job stress, a fast paced environment and alcohol/substance misuse are some of the issues making the modern world, so challenging for many.

Here are some tips for you to do to help with the stress of modern life:

Unplug for a While:

Occasionally give yourself the time to unplug. You do not have to be connected 24/7, and there is no need to tune into the online chatter all of the time. When you're not glued to social media waiting for the latest status, or living in a state of stress while dreading the next email to arrive, it can make a real difference to your stress levels. Turn your phone off on your commute home, go for a walk without your mobile, call in on a friend and have a chat one to one.

Take Your Time:

In our busy lives it can be hard to stop. There are various techniques we can use to help us relax and take a minute. We may already know what works for us, listening to music or watching a film, have a nice warm bath or practising mindfulness to become more aware of ourselves. It is important that you take the time to pause and take your time. Mindfulness improves your concentration and mental clarity, improve working memory, increase self-control, and enhance kindness and compassion towards others.

Ask for Help:

Talking with friends and loved ones about your problems can help relieve stress, this can really make a difference to your overall mental health. You might not have all the answers right now but asking for help can ease your situation and be the start to de-stressing your life. You can find helpful resources on the Change Your Mind and Minding Your Head website.

Remember: If you are concerned about your own wellbeing or someone else's contact a GP or an appropriate medical professional.





Discover more information on our website:

www.inspireconnect.info