

November 2014 eNewsletter.

Topic: Two Tips to Manage Stress Now!



It's fall here in the Northeast. It's a time of year when nature provides us with a beautiful hue of colors for our wonderment. I hope you are able to take time to enjoy the beauty around you. I know for many of you managing your stress level is an ongoing concern. Rightly so, as stress affects our physical, emotional and spiritual well being. In this newsletter you will find helpful tips on managing your stress now. There's even information on an Upcoming Workshop. Keep reading for your health's sake!

Be Well,
Dr. Boatswain

The word "stress" has become a household word, so much so that even children use the word "stress." When someone says they are experiencing stress, they typically mean that they are feeling overwhelmed with work or school, or some relationship or situation.

Here are some simple stress management tips for work or school or whenever or wherever you need them.

- 1. First take a moment to breathe. Yes breathe. Take a deep breath and allow yourself to focus only on breathing. Just breathe for a few minutes without**

focusing on what is making you feel stressed or anything else. This does not take the stress away, but it puts you in a calmer state of mind which helps you to formulate a healthier plan of action to address your stressful situation.

2. Another tip is to face your life situation without judgment. This means looking at your life with curiosity rather than criticism; trying to understand yourself, your thoughts, feelings, and behavior, and situation. This allows you to be more open to other perspectives on your situation which will help you to feel more resilient and less stress.

This is only a first in a series of stress management tips. Look for other stress management tips in future Godsend Psychological Services Enewsletters.

Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.

