

# Natural Ways to Reduce Stress & Anxiety

In Australia, it's estimated that 45 per cent of people will experience a mental health condition in their lifetime.

In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety.

## Stress and Anxiety Signs and Symptoms



# Natural Ways to Reduce Stress & Anxiety

## Take regular 'time-outs'

In this fast-paced society we are constantly on the go. Unfortunately this can leave us stressed and to the point of finding it difficult to wind down. It is important to take regular 'time-outs' during the day. These are times where you simply slow down and take a break from the hectic pace of everyday life. It doesn't need to be long, even a 5min break several times a day will help. Try to physically remove yourself from your daily routine and slow down. Have a cup warm drink, listen to music or sit outside.



## Learn relaxation

learning some form of relaxation is an important way to reduce stress levels. However, relaxation is a skill and must be practised regularly to be mastered. If you have never done learned any form of relaxation, make a commitment for 2wks to practice it every day. There are several options available, such as slow breathing, yoga and meditation. There are even free phone apps that you can download to assist with relaxation.



## Improve your diet

During times of stress, our bodies increase the production of a hormone called cortisol. This hormone is designed to prepare your body for either 'fight or flight'. Unfortunately many people's cortisol levels are constantly elevated as their lives are filled with stress (either real or imagined).

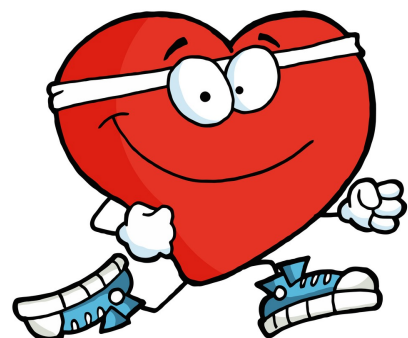
Skipping meals or eating unhealthy foods, particularly foods high in refined sugar can also increase cortisol levels. This is not good if you are already suffering from stress or anxiety. Make sure you eat every 3-4hrs and consume wholesome, natural foods.



## Exercise regularly

Although exercise can be strenuous on the body, it is actually a crucial factor for anxiety and stress management. Over time, exercise reduces stress hormones in our body. Exercise can be a good way to move our focus away from the stresses of everyday life.

When it comes to exercise, choose a type that suits you best. Don't forget, if you are unfit start slow and gradually build up. Choose a type of exercise that you will find pleasurable and something you can do most days of the week.

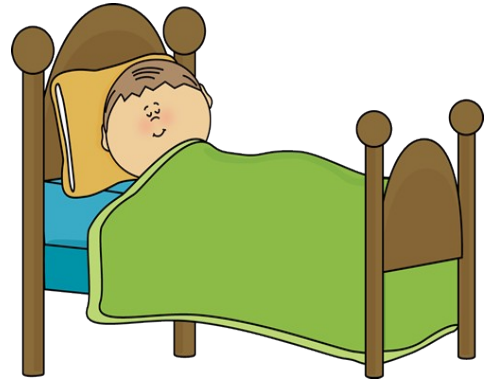


## Get plenty of sleep

Good sleep is crucial for recovery. Especially during times of high stress. A good nights sleep can reduce the levels of the cortisol and also has anti-inflammatory defects throughout the body.

Although each persons optimal sleep time can vary, in general most people need between 7-9hrs of good quality sleep a day. Good sleep practices are also important, especially during times of stress. Some recommendations include:

- going to bed and waking up at the same time every day,
- reducing your activity in the evening,
- limiting caffeine intake,
- reducing meal sizes before bed,
- Making sure your bedroom is dark, quiet and comfortable,
- get out of bed and do something relaxing If you don't fall asleep within 20-30min



## Psychological counselling

The way we think affects how we feel. Therefore, if we change the way think, we may be able to reduce stress and anxiety. When it affects our well-being negatively in any way, it may be helpful to meet with a professional psychologist to receive support for the manifested symptoms of stress and work through the issues causing it.

Talking with a psychologist about the difficulties you're experiencing can help you understand any underlying issues that may be causing your stress. You will then be able to identify your personal stress triggers and discuss ways of coping with them.



## Hypnotherapy

Stress is created by your thoughts and anticipation of what your mind believes will happen next. Hypnosis for stress and anxiety helps your mind perceive situations differently, which will reduce stress and make you feel better, healthier, happier.

Using hypnotherapy for stress release is just like a mental spa, allowing you to instantly dissolve any tension and dive into a world of peace and serenity, while teaching you techniques you can apply on your own.



**Do you think you may be suffering from anxiety?**

If you feel you may be suffering from anxiety, seek the advice of an experienced mental health professional. Visit your GP and discuss your concerns, book a longer appointment so there is time to explain your issues and how you are feeling.

Your GP may write a referral to a psychologist, which may entitle you to access Medicare rebates under the Federal Governments [Better Access to Mental Health Care Rebate](#) scheme.

Remember your Doctor and psychologist are there to help, and will not judge.

If you would like to see a psychologist at Lifepath Psychology, or request further information about our services, please feel free to email your query to [admin@lifepathpsychology.com.au](mailto:admin@lifepathpsychology.com.au) or call 6496 0039 and one of our friendly staff will be more than happy to assist.

*The information contained in this pamphlet is of informative nature only and should not be used as a diagnostic tool.*