



# National Stress Awareness Day

2nd November 2023

## Friend or foe?

Stress is a normal, healthy response to perceived danger. It can sometimes be motivating and improve performance, but too much for too long can be harmful.

**Evolution:**  
Non-stressed state with **occasional high-stress**

**Respond**  
Have a plan!  
What actions help you relax? It might be going for a short walk or talking about the problem. Knowing what helps allows you to do something when you **recognise your stress signature.**

**New Reality:**  
Constant stress with **occasional non-stress state**

**Recognise**  
The best way to beat stress is to recognise when you're being affected. Consider how it feels when you get stressed e.g. stiffness in your neck. These little reactions are your **stress signature.** Knowing this can help you respond better.

**Resolve**  
When your mind is in an optimal state it reacts differently to stress. Getting involved with activities like yoga and mindfulness, eating good food, getting enough rest and doing joyful activities can all contribute to a healthy mind.



Stress loves to crank up the volume on Radio Doom and Gloom, while turning down Rational Radio! Be careful which you listen to.

Stress can bypass rational analysis to speed up your reaction to danger, so be sure to take a couple of deep breaths before you react!



**RESILIENT PEOPLE**

#NationalStressAwarenessDay

[www.resilientpeople.co.uk](http://www.resilientpeople.co.uk)

**Good Mental Health is Good for Business!**