



STRESS MANAGEMENT

WHAT IS STRESS?

Stress is a non-specific physiological and psychological response to events that are perceived as a threat to one's sense of well-being. It is not always harmful, because we actually perform better under mildly stressful conditions, provided we know how to cope with the feelings of stress. However, if our ability to cope is exceeded, then we begin to develop symptoms and signs of mental health problems.

STRATEGIES TO BEAT STRESS INCLUDE:

1. Time management

All of us have 24 hours a day. Yet it is not how little or how much time we have, but rather how we make the best use of it that determines how much we can accomplish. Make a list of important items that you need to do. Whatever is considered urgent must be carried out first, before attending to less important ones. As time is precious, do not waste time on less important matters, such as gossiping with your friends.

2. Relax yourself

After returning home from work, try to relax and unwind by doing activities such as watching TV, going for walks, or watching a movie. Plan in advance what you are going to do for your weekend.

3. Take regular exercise

Exercise has numerous advantages but must be done regularly to be effective. It improves your circulation, tones your muscles and cuts down body fat, thereby promoting good physical and mental health. At least thrice a week, carry out an aerobic exercise for about 20 to 30 minutes. Examples of aerobic exercises are jogging, cycling, or swimming.

4. Build family relationships

Spend time with your family.
Plan outings or holidays with them. Doing things with your family is a good way to promote family bonding. The family is an important source of emotional support during stressful times.

5. Build friendships

We all need friends. When you encounter problems, find a trustworthy person to confide in. Meet your friends regularly and do activities with them.

6. Spiritual pursuits

Spiritual activities are known to protect one from depression and anxiety following an adverse event. Spend time in prayer and the reading of scriptures. Attend regular worship services together with family and friends.

7. Watch what you consume

Avoid smoking as this will increase feelings of anxiety. In the evenings, avoid drinking coffee, tea, and excessive alcohol as this tends to disturb your sleep.

PATIENTS. AT THE HEART OF ALL WE DO.®

SingHealth Duke-NUS Academic Medical Centre

Singapore General Hospital • Changi General Hospital • Sengkang General Hospital • KK Women's and Children's Hospital
National Cancer Centre Singapore • National Dental Centre Singapore • National Heart Centre Singapore
National Neuroscience Institute • Singapore National Eye Centre • SingHealth Community Hospitals • SingHealth Polyclinics