

## Managing Stress

<http://youtu.be/hnpQrMqDoqE>

### Questions

What should you do every time your stressed?

Stress is a survival mechanism. What does it do?

What four things should you do to reduce stress?

### Tape Script

What's this? One little piece of paper can have a remarkable effect. Stress is stressful. But if you understand a bit about what it is you'll be better able to deal with it. First though, take a few deep breaths. In fact, do that any time you feel stressed. It helps.

Stress is a survival mechanism. When danger appears it can get you out of trouble quickly. Your body cranks up the gears and throws all its resources into getting you moving. Your heart pumps furiously to increase blood pressure, glucose is sent to the muscles as a fuel injection and you become totally focused on what psychologists call "fight or flight".

Thing is this emergency state is only meant to last just long enough to get you out of danger.

But here in the 21<sup>st</sup> century we stress about different things and for much much longer. Your brain and body stay on red alert and you'll be less able to think clearly, learn or remember things. Take a few more deep breaths, because, as you now know, stress is a physical reaction. And deep breathing helps counteract its effects. So, what else can you do?

Ok – top tips to reduce stress.

First, get plenty of exercise. Let out all that locked up energy.

Now, back to the problem – get in control! Scope out the situation and how your gonna handle it.

Don't stress alone – talk to someone. Socialise and have a laugh. You cant laugh and quake with fear at the same time.

Get down with nature on a big or small scale. And if your mind wont stop worrying find something else to do instead.

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**Answers**

Take a few deep breaths.

Your body crashes up the gears and throws all its resources into getting you moving. Your heart pumps furiously to increase blood pressure, glucose is sent to the muscles as a fuel injection and you become totally focused on what psychologists call “fight or flight”.

Exercise. Get in control. Socialise and have a laugh. Get down with nature.

