

# Tips for Stress Management

It is well researched that increased stress levels can also increase our ability to feel pain. This is due in part to the action of adrenaline and cortisol within our bodies, our “fight and flight hormones” .

- **Cut down on alcohol, caffeine and nicotine**  
Alcohol is a depressant and caffeine & nicotine act as stimulants, so therefore they don't calm you down. Keep yourself well hydrated by drinking water or try black or herbal teas. Research shows that these do not increase cortisol levels, which tend to contribute to stress.
- **Work off stress with physical exercise**  
Exercise reduces adrenaline levels and produces “happy hormones” (endorphins & encephalins) within our brains. So try a walk or other forms of regular exercise.
- **Get enough sleep**  
Sleep is essential for the body and mind to function properly. Having a relaxing routine before bed has been found to be beneficial. We all need differing amounts of sleep especially as we get older. See ‘Getting a good night's sleep’
- **If you are having a flare up or feel ill - REST**  
Don't carry on regardless. Recognise your limits. Don't carry on as if you were firing on all cylinders, as this may prolong your flare up.
- **Learn how to say “NO”**  
This is simple but effective. Where “NO” is an appropriate response, say it without feeling guilty.
- **Learn to accept what you cannot change**  
A well-known prayer asks “for serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference”. This philosophy will help avoid unhappiness and bitterness, and allows acceptance of the situation. Focus on the positives.
- **Manage your time and take time out**  
Plan your time. Allow time for the enjoyable as well as the essential things in life. Pace yourself. Break tasks down into smaller parts. Remember there is always tomorrow. Setting ourselves too much to do in a day creates stress.
- **Try relaxed breathing**  
Shallow, fast breathing is caused by stress, which increases tension within muscles. Focussing on breathing slowly and more deeply can reduce tension.
- **Look around you.**  
Mindfulness is living in the moment and focussing on one activity. Forget multi-tasking. Look around you and enjoy colours, views, sounds and smells.
- **Listen to music**  
Listen to music that either you find relaxing or distracting from your worries.
- **Ask for help/support**  
Talk to family or friends or ask your local GP Practice for professional support such as counselling. Alternatively you may find details of reputable charities or government run organisations that can help with issues that are the source of your stress by searching the internet.

**Web Address:**

<http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/>

**QR Code:**

Scan the QR code below to take you to our website.

**If you have any comments about this leaflet or the service you have received you can contact :**

Physiotherapy Department  
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK physiotherapy Admin Office

Telephone: 01484 905380

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
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