



Stress First Aid Kit

Stressful situations happen to us all, indeed they are intrinsic to life as are happy and joyful moments. It's how we react to stress that's key. Too often we react out of habit or unconsciously. Once we learn how to recognise stress, how it feels and the habitual thought patterns which emerge, we can take back control.

Try these 4 simple steps:

1

Notice when something is causing you stress

Look for and notice symptoms in your body, such as tension in your belly and shoulders, increased heartbeat, tightness, irritability, compulsive thinking. Notice how you feel: anxious, overwhelmed, panicked, hopeless...?

2

Catch it early

Stress reactions can speed up and fire off very quickly. Notice when you feel stressed. The body lets us know by tensing in the chest, shoulders, neck or temples.

3

Stop – come back to your senses

This may mean that you need to stop what you are doing and do something else. Stop working at your computer. Stop overthinking when you need to make a decision. Pause. Bring your attention to your breath, to your body, notice your feet on the ground, notice your legs and belly and take three deep breaths.

4

Be kind to yourself

Bring a kind, open, curious attitude to your experience. Allow yourself to be human. Remember: we all experience difficult and unpleasant situations. You are not alone. Take a look at my free resource on [Practicing Self-Kindness](#).

The Stress First Aid Kit is an immediate antidote to anxiety and stress. Try it out.

Top tip:

Write this four-step Stress First Aid Kit on a piece of paper and carry it with you so that you have it to hand when you need it.



green space
coaching & mindfulness

+44 (0)7815 591270
karen@greenspacecoaching.com
www.greenspacecoaching.com

