

how to prevent burnout

Regular exercise is vital to physical & mental health. Aim for at least 20 minutes of exercise three times a week. Active relaxation is also valuable - give yourself a break - if only for a few moments each day.

Eating a wide variety of healthy foods, & limiting sweet or fatty foods will give your body the nutrients it needs to combat stress. Getting a good night sleep will also ensure that your body can combat stressors. Assess both the amount & quality of your sleep.

Enjoy your life - maintain balance and if things get too much - talk to someone. Acknowledging a problem to yourself & to others can be the first step in dealing with it.



more information

- Your doctor or local community health centre.
- Better Health Channel (<http://www.betterhealth.vic.gov.au/>)
Download fact sheets on stress & anxiety in the workplace, & in everyday life.
- beyondblue: the national depression initiative (www.beyondblue.org.au/)
Information on stress, anxiety, depression produced by experts in the field. You can also find a GP near you who specialises in mental health issues.
- Find a Physio (<http://physiotherapy.asn.au>)
Search for an APA physiotherapist near you with a special interest in stress management.



simplifying **STRESS**



stress
signs
symptoms
support

physiotherapy can assist

- reduce muscle tension & pain states such as headaches & chronic muscle pain
- increase vitality & concentration & decrease reported tiredness
- improve feeling of general well-being
- decrease blood pressure
- reduce risk of cardiovascular disease
- improve attitude to work & leisure activities

your **PHYSIOTHERAPIST**

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how well do you manage stress?

learning how to manage stress can decrease its negative impact

talk to your APA physiotherapist



It's impossible to get rid of all stress in our lives, but learning how to manage stress effectively can decrease its negative influence. Stress is the body's response to a perceived threat - the nervous system reacts by releasing a flood of stress hormones, including adrenaline & cortisol.

These changes in the body are designed to give us additional energy in a crisis, but in response to long-term stressors, they can cause health problems, and decrease our ability to cope effectively.

When we feel under stress, our body kicks into high gear to deal with the threat. Our heartbeat, breathing rate and blood pressure all go up. The longer we feel stressed, the greater the demand on our body.

Some of the emotional warning signs of high stress levels include constant worrying, moodiness, and feeling overwhelmed. The physical symptoms might include changes in sleeping patterns, changes in appetite, digestive problems, increased muscle pain, or chest pains.

Research continues to indicate a positive correlation between a person's ability to cope with stressors and the likelihood of disease during their lifetime.

The more often we are placed under stress, the more often we have to use energy to cope. Illnesses such as cardiovascular diseases, high blood pressure, chronic fatigue & chronic muscular pain have been linked to high stress levels.

When we are under pressure we release a surge of stress-related hormones. Relaxation can cause the opposite, a surge of sedative or calming hormones. Research has shown that relaxation techniques produce chemical changes in the body & a decrease in brain wave activity.

When practiced regularly, relaxation techniques such as yoga, meditation, deep breathing & muscle relaxation can lead to a reduction in your everyday stress levels and an increased ability to cope with long term stressors.

A physiotherapist who has a special interest in stress management can identify the causes of stress & teach specific techniques to alleviate the problems of excessive stress in an individual's life.

Physiotherapists offer a number of stress management techniques & treatments which can help to improve a patient's health & well-being, whether it be specially designed stress management programs, exercise programs, massage, muscle relaxation or general fitness advice.