

\$1.20 FROM EVERY MAGAZINE SALE GOES TO BREAST CANCER INITIATIVES

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Liz Mitchell's Journey

BOSOM BUDDIES CALENDAR
SMALL TOWNS MAKING A DIFFERENCE

Summer Frocks

From Designers Supporting Breast Cancer

EATING ORGANICALLY

Taste the difference



READ AND KEEP:
BREAST HEALTH SECTION
AWARENESS, EDUCATION AND UPDATES



De-stress

WHAT ARE THE SECRETS TO DEALING WITH STRESS? CAN WE REALLY ELIMINATE STRESS FROM OUR LIVES? WE ARE CONSTANTLY BOMBARDED WITH INFORMATION ON HOW TO DE-STRESS. IT'S EVERYWHERE. WE KNOW WE SHOULD RELAX FOR OUR HEALTH, AND WE KNOW THAT BEING STRESSED OUT ALL THE TIME CAN LEAD TO HEART DISEASE AND CANCER. SO WHY DO WE FIND IT SO HARD TO DE-STRESS? WORDS NALISHA PATEL

THE VERY THINGS WE ARE DOING TO

help us de-stress may be the culprits. Many of us turn to food, watch way too much television or create more 'to do's' on our list to help us combat stress. What is happening is that in our quest to create less stress, trying to implement these so called de-stressors into our lives may contribute to making us even more overwhelmed!

While there is no sure way to eliminate stress, we can make small but significant improvements in dealing with stress. Start by implementing these 10 de-stressing techniques:

PLAN, PLAN, PLAN YOUR DAY!

There is nothing more stressful than being unprepared. By having all your tasks in your head instead of organised in your diary, you are draining your energy and creating unnecessary stress. When your day is planned out there is a lot less to worry about. Complete all priority tasks first and then tackle all other items on your list. At the end of each day, allocate 15 minutes to plan the following day so you don't need to take your worries home with you. If it is written down, it will get accomplished. You gain back that sense of control and feel less overwhelmed.

SLEEP WELL

Sleep truly is one of the best ways to protect yourself from stress and to help relieve it. Nothing beats a great night's sleep to deal with any circumstances. When we are stressed out, restless sleep is usually the best indicator of the fact we are not coping with our stressors. Try having a warm shower before bed to get you back into the routine of sleeping well. Avoid TV before bed as it can stimulate your mind. Consciously relax by reading or just sitting and relaxing before bed

CREATE PLEASURE FROM EVERYDAY CHORES OR ROUTINES

Sing in the car on the way to work. Crank the stereo up as you cook, clean or even vacuum. When we perform any routine activity, we enter a meditative state that can be really refreshing and relaxing. Enjoy any task by adding an element to it that is fun and relaxing.

PLAN YOUR EATING

To avoid comfort eating, you need to have substitutes that are tasty and convenient when you are busy at work or out and about. Many of us comfort-eat to alleviate stress, and then punish ourselves if we are on a diet. Get off this merry-go-round of denial and bingeing. The key is to not deprive yourself when hungry. Plan to have available nutritious snacks such as nuts, fruit and small portions of your favourite treats, such as chocolate or cheese. Anything is fine in moderation as long as you are eating for enjoyment, rather than to bury stress.

CREATE A PLEASURE HOUR OR ZONE

Each day it is imperative to create joy. We get so used to going through our day like a zombie ticking off tasks that we forget to enjoy the process. Try to shake up your usual routine. Play music in the background as you work. Try bringing fresh flowers for your office every now and then. For a series of major tasks accomplished, treat yourself to a break outside in the fresh air or a tea break. Create a break every day at a certain time for 'you' time. Make sure you stick to this break every day and make it a priority for your own wellbeing.

HIT THE PAVEMENT - SAND OR GRASS

Head out for a brisk walk or try a routine at home to your favourite music. Exercise is a must in helping to ease stress. Exercise alleviates your mood, boosts your energy and helps burn off stress hormones that run rampant when you are feeling under pressure. Try to include at least 3 walks a week to keep stress at bay.

HYDRATE CONTINUALLY THROUGHOUT THE DAY

Dehydration can cause fatigue and extra stress on the body. By consuming 8 glasses of water a day you will keep up your energy, stay more focused and alert, eliminate headaches and boost weight-loss if this is a concern! Mix up your hydration by trying different herbal teas for a change.

DE-CLUTTER YOUR SPACE

Just by sorting and clearing your work and personal space, you'll create more energy and decrease stress from an orderly environment. We literally feel the energy shift when a room is cleaned and de-cluttered. Aim to clear your workspace at the end of each day so you can start the next day afresh with a clean and organised space. When you know where things are, you are less likely to feel stressed and regain a sense of power over your environment.

START A DAY JOURNAL OR DIARY

Over the next few weeks create a diary of any circumstance that causes you stress. Note what time of day it occurred, who was present and how you felt. Looking over the diary at the end of two weeks, you will start to see a pattern emerge. Take note of areas which cause you stress. Are you more stressed on a Monday? Do you feel more stressed at the end of the day? Analyse your moods and then you can start to make changes.

NURTURE YOUR FRIENDS AND FAMILY

This alone can act as a very powerful buffer in your battle against stress. Relationships can cause many of our stresses, so it is very important to nurture these relationships to help you through any work or personal issues. Create time each day or week to talk to a close friend and connect. 