Would You Like To Talk?

If you live in the Bristol area and would like to talk about any of the issues raised in this leaflet, then please get in touch:

Call **07962 892060** or send me an email at:

tricia@bristolpsychotherapycounselling.co.uk

Or visit[.]

www.bristol-psychotherapycounselling.co.uk

My practice is based at:

111 Brynland Avenue

Bishopston

Bristol

BS7 9DZ

Brynland Avenue is parallel to Gloucester Road. My house is located at the Ashley Down end.

By bus

Buses 70, 73, 76, 77 from the city centre go up the Gloucester Road toward Horfield. Get off outside the Quaker Meeting House opposite the Somerfield Supermarket.

Walk across Gloucester Road turning left into Dongola Road. Brynland Avenue is the first turning on the left. No.111 is also on the left hand side.

By car

Free off-street car parking is available. It is, however, often limited. You may have to park on an adjacent street.

Those people who are more prone to stress may have to try harder to use some of the stress management approaches suggested here to tackle their natural tendency to stress.

How can I help myself to cope with stress?

Studies have told us that the first step in tackling stress is to become aware that it is a problem for you. The next stage is to make a plan to take control of the causes and effects of stress. Here are some practical ways to take control of stress:

Holiday - try to plan at least one each year with a change in activities and surroundings.

Open up - if your relationship is part of the problem. Communication is very important.

Work - is that the problem? What are your options? Could you retrain? What aspects are stressful? Could you delegate? Could you get more support?

Try to concentrate on the present: don't dwell on the past, or future worries.

Own up to yourself that you are feeling stressed - half the battle is admitting it!



A Self-Help Guide to Stress



What is stress? Stress is the word that many people use when they are describing how the demands of their life seem to be becoming too great for them to cope with. This ability to cope varies from person to person and what one person finds stressful

may not be a problem for another.

Whilst many of us suffer with stress at times in our day-to-day lives, long term stress is known to be bad for our health and many of us would like to find ways to gain some control over it.

What are the signs of stress?

The signs of stress vary from person to person but here are some of the most common ones:

Do you recognise any of them in yourself?

Physical signs (please tick if appropriate)

Headaches Muscle tension or pain Stomach problems Sweating Feeling Dizzy Bowel or bladder problems Breathlessness or palpitations Dry mouth Tingling in body Sexual problems



Emotions

Feeling irritable	
Feeling anxious or tense	
Feeling in low mood	
Feeling of apathy	
Feeling low in self esteem	

Effects on what you do

Temper outbursts
Over drinking or smoking
Changes in eating habits
Withdrawing from usual activities
Becoming unreasonable
Being forgetful or clumsy
Rushing around

If you have some of these signs it may be you are experiencing stress. These are some of the short term signs but long term health risks from stress are serious and include, heart disease, high blood pressure, severe depression, stroke, migraine, severe anxiety, arthritis, asthma, low infection resistance, bowel problems, stomach problems especially ulcers, fatigue and sleep problems.

Can life events cause stress?

Some things that happen in your life can be stressful, particularly life changes. If you have had one or more of the following life events occurring over the last year you will probably be more likely to be stressed and should take care to avoid further stressors and try to take 'extra care' of yourself. (please tick if appropriate)

Death of partner Divorce or relationship breakdow Death of close family member Getting married Loss of employment Health problems

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Pregnancy	
New employment	
High financial commitments	
Serious debts	
vlajor changes at work	
Partner stops or begins work	
Death of close friend	
Change in living conditions	
Disagreement with friends	
Problems at work, eg, lack of job	
security, several jobs, no satisfactior	<u> </u>
at work.	
Change in leisure activities	
Change in church / spiritual habits	
Vinor legal problems	
Problems with neighbours / noise	
Family gatherings for holidays/	

Is there a type of person who is more likely to experience stress?

Studies have shown that some people are more likely to experience stress than others. These people are known as 'type A' personalities. They tend to be more competitive and impatient and have tight time schedules compared to 'type B' personalities who are more relaxed and 'laid back' in their style. If you would like to know which type you are, ticking the following boxes may help you to decide:

Type A

Must get things finished	
Never late for appointments	
You are competitive	
Can't listen to conversations: interrup	ot/
finish sentences for others	
Always in a hurry	
Don't like to wait	

Very busy at full speed [Trying to do more than one thing at a time [Wanting everything perfect [Pressurised speech [Doing everything fast [
Holding feelings in	
Not satisfied with work / life	
Few social activities / interests	
	;
Туре В	
Calm and unhurried about	
appointments	
You are not competitive	
Can listen and let the other person	1
finish speaking	
Never in a hurry even when busy	
Can wait calmly	
Easy going	
Take one thing at a time Don't mind things not perfect	
Slow and deliberate speech	
Do everything slowly	
Express feelings	
Quite satisfied with work/life	
Many social activities/interests	
If in employment, limiting time wor to work hours	king

If most of your ticks are on the **A** side then you will be more prone to stress. If both A's and B's then you are a little prone to stress.

If mainly **B's** then you are less likely to suffer from stress!