



# Talking Therapies

## What is stress?

Modern life is filled with hassles, deadlines, frustrations, and demands. For many of us being stressed has become routine and accepted as a way of life. Stress is the way that you feel when pressure is put on you. Stress is not always negative as it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

Stress can take different forms and affect us in various ways with some of the following symptoms:

- Headaches, aches and pains in your body even if you don't exercise
- Tension in your neck and shoulders
- Feeling your stomach churning and indigestion if you eat anything
- Finding you get more coughs and colds than you used to
- Feeling tense, anxious, nervy
- Feel low and depressed
- Feeling irritable and get angry easily
- Make mistakes doing things that should be straight forward
- Unable to concentrate properly
- Feeling inadequate
- Feel you can't cope with everything you have to do
- Avoid difficult situations
- Snap at people
- Drinking and smoking more than you usually do
- Never have the time for anything you want to do

Feeling stressed has an impact on the way we think about ourselves and the world around us. We tend to make negative predictions about what will happen to us or others, or worry excessively about things over which we may have little control. These types of thoughts affect the way that we behave, the physical sensations we experience and the way we feel emotionally. This often causes our stress to worsen, creating a vicious cycle of stress.