

Prevention

There are simple things you can do to help your body and mind withstand stress. These will assist to improve your immune system, increase energy levels, self-esteem, and provide a sense of well-being.

Whether you are feeling stressed or not, set aside 15 minutes everyday to pray and meditate.

Regular exercise helps to alleviate and reduce the negative effects of stress.

Eating a diet consisting of plenty of fruit, vegetables, whole grains and beans, will strengthen your body, making you better able to withstand the effects of stress

Fresh Air and deep breathing improves the cardio vascular system and assists in attaining a calm state of mind.

Hydration – Ensure you get enough pure water, help with waste elimination and keep body cells healthy

Temperance – Too much of any one thing can be detrimental to your well being. Resist harmful substances; alcohol, drugs caffeine, too much processed foods and sugars.

Sunshine - Try to get as much sunshine as possible without damaging your skin. Promotes a general feeling of well being.

Rest – Ensure you get enough rest for the body to recover and rebuild itself.

Trust the secret of long life...

Research shows that those who have a faith and those who are regular churchgoers live longer than non-believers.

A 12-year study tracking mortality rates of more than 550 adults over the age of 65 found that those who attend services at least once a week were 35 per cent more likely to live longer than those who never attended church.

Rev Edward Lewis *"Going to church doesn't protect us from all the horrible things that happen, but it gives us the strength to cope with them."* The Telegraph newspaper

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Doctor Trust Makes a call



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Doctor Trust Makes a call



Are you aware that medical research provides evidence that excessive emotional stress and anxiety can contribute to disease. Many illnesses including, arthritis, ulcers, cancer, high and low blood pressure, constipation, asthma, diabetes, angina, glandular disturbances and strokes can all be affected by stress,

Let's talk about stress...



Stress is the emotional and physical strain caused by our response to pressure from the outside world. Stress is a normal part of life, it is good in small quantities and can help increase motivation. However, over extended periods, excessive stress can be harmful. This can contribute to poor health, illness and disease. Persistent and unrelenting stress can cause '**DISTRESS**' to mind and body.

How can we recognize that stress is becoming a problem in our lives?

- Do you feel irritable, tense, distracted, or fatigued?
- Do you have muscle tension, sweaty palms, rapid breathing or rapid pulse?
- Are you pacing or fidgeting, is your voice too tense, too loud or too quiet?
- Do you feel nervous, moody, depressed?
- Do you feel frustrated?
- Do you feel lonely?
- Are your thoughts always turning to your problems?
- Are you forgetful?
- Do you have problems concentrating?

Once you are able to recognize your signs of stress, you will be better able to manage the situations that are stressful to you.

Stress can originate from external or internal sources.

External stressors include anything outside your body that causes you to feel threatened or out of control. This could include, amongst others, noise, work demands, frightening events, social or family demands, change, problems or challenges.

Internal stressors result from our own attitudes and ways of thinking. For instance:

- Are you harder on yourself than you would be on other people?
- Do you often feel like a failure, particularly if things don't go as planned?
- Do you always put the needs of others before your own?
- Do you feel unworthy unless you are liked by everyone all of the time?



Sound familiar, if so what can you do?

Keeping a stress diary can be helpful;

For one week, write down all the stressors you can identify.

Don't leave anything out.

Sometimes, just by keeping a **stress diary** you will be able to see solutions to problems that have been bothering you.



Once you have identified triggers that initiate stress for you, what can you do and how can Dr Trust help?

Start by developing techniques in dealing with stress:

We all need a listening ear, try exercising trust and faith in God. It's just like having a good friend to hear your problems and comfort you any time of the day or night. **Be anxious for nothing**, God has a plan for all of us.



Time out – Stop the activity causing the stress.

Plan properly in advance and take a proactive stance when looking at your options and in dealing with stressful situations.

Commit yourself to a cause that benefits others. This can have a positive influence on your life.

Focus on uplifting thoughts.