

Stress & Anxiety

Stress itself is not a problem, we all need a bit of it in our life to help us survive – it's what motivates us to take action and get up in the morning! Stress is only a challenge when events or situations exceed our perceived ability to cope. Prolonged periods of stress or anxiety, however, can take a toll on our health, both in the short and the long term, with many health challenges being linked to or exacerbated by stress.

Try the short quiz below to see if you are suffering from stress and try to answer the following questions honestly.

- Do you feel guilty when relaxing or feel you always need to be busy?
- Do you lie awake thinking about tomorrow?
- Are you tense, does your back and neck feel knotted?
- Are you impatient or irritable?
- Do you have difficulty concentrating?
- Do you frequently feel overwhelmed, don't know where to start?
- Are you smoking or drinking more?
- Do you eat in a rush or skip meals?
- Does life seem full of crises?
- Do you find it difficult to make decisions?
- Do you frequently experience butterflies, dry mouth, sweaty palms or a thumping heart?

If you answered yes to more than 4 of the questions it is possible that your stress levels are a bit high.

Now, I'm not telling you this to stress you out...at some point we all suffer from stress or anxiety, but we can learn to manage it. Our aim at Inside Out is to leave you relaxed and de-stressed, helping you to keep that feeling all through the week.

But in the meantime here's our top tip for relaxation!

To relax properly you need to move first, this helps us to burn off the "stress" hormones, so go for a walk, do some exercise, go to a yoga class, dance around the room or if you're short on time try systematically shaking out all your joints to loosen them up.

Then lay flat on your back on the floor, if your back is not happy bend your knees. If you are comfortable let your eyes close and focus on your breathing, relaxing a little bit more with each out breath. You only need to stay there for about 5 minutes (but stay longer if you are enjoying it!) before gently easing out, rolling onto your side and pushing yourself up into sitting.

To find out more about we can help you manage stress and anxiety simply contact us on Isabel@yogainsideout.co.uk