

Stress

What is stress?

Stress is one word that we frequently use to excuse ourselves and is also used to explain when things do not go well. However, what stress means is that there are some physiological changes that occur and also a reaction that causes us to react differently to certain stimuli. This could explain why on some days when we wake up we may feel ready to conquer the world but on some other days we feel reluctant to get out of bed.

When we are stressed, it can be observed physically. When we try looking into the mirror when we are stressed, many would not like what they see. The body will be extremely tensed and the person will be frazzled and wire-looking. On the other hand, a person who is less stressed will have time to look composed and in control.

How do I decrease my level of stress?

There are a few factors to consider when we look at our level of stress. Below are a few.

- Boosting confidence and self-esteem

Many times, people do not look at their achievements and focus on what they have not achieved. This is a double-edge sword. For the more driven person, this would push them forward. However, if a person is already in a low mood, this only serves to weight him or her down more.

One effective method is to ask yourself what you have achieved in your life. Another very effective method to do is when you are in the toilet, look at yourself in the mirror tell yourself which part of the face you like. It could be eyes, nose, hair, mouth and even eyelashes. In addition, it is important to smile to yourself. Smile as much as you can as it can lift your mood up immediately. The facial muscles that are used for smiling cue the brain to be in a more positive mood.

- Appearance

Outfits are one of the most important features of looks. There are days when you feel that you look horrible no matter what you put on. On these days, you can choose to wear a bright colour outfit or perk your mood up by wearing a neutral or duller outfit so you do not stand out and just allow yourself a quiet day.

Another good option is to wear your favourite outfit. Most of us would have a piece of clothing, bag or even accessories that we really like and feels that it looks really good on us. Even if you have worn it yesterday, it does not really matter because people will read your confidence instead of thinking that you have worn this outfit before.

- Diet

Everyone is on some diet around us. It is the personal reason that counts. There are many reasons people diet such as dieting to lose weight and for medical reasons. Those that are on diet because of medical reasons are usually most successful and have longer term maintenance.

There are plenty of articles of what to eat or what not to eat. However, the general rule is that everything should be taken with moderation. For instance, buffets are fine once in a while but it is important to note that you may be unconsciously eating more than you actually want to.

- Living effectively

There are a few ways to live effectively.

Decluttering the mind is one way. It is encouraged for people to manage and deal with the issues at hand first; those that are not of priority can be put aside first.

Doing things that you have often told yourself that you will do later is another way. For example, if you have a nice tea set that you would only use for a special occasion, you can consider taking it out now.

The third way is to remind yourself to breathe constantly. Running around to get everything done is essential but so is slowing down and just breathing. Breathing is the very basic need of survival. However, we tend to forget about breathing when we are rushing. When we rush, we tense and as a result, we take in less air. It is encouraged for people to take their time to focus on breathing. You would be able to feel the difference immediately.

If you are still concern or feeling stressed, here at the Therapy Room, our team of psychologists, led by Geraldine Tan, the principle psychologist, is experienced in working with people who feel stressed for various reasons. Please feel free to click [here](#) to contact us and find out more.