



# How do you know you're stressed?

**Contrary to popular belief stress isn't a medical condition, however, when the effects of stress overwhelm our lives, we become more at risk of developing other mental health conditions such as anxiety and depression.**

Stress causes physical changes in the body to help us deal with threatening situations. You may notice your heart beating a little quicker, your muscles tense up, and you start to sweat. This is commonly referred to as your flight or fight response. As soon as a stressful situation passes these symptoms usually fade, however if you remain in a stressed state for an extended period, you'll start to develop further stress related symptoms.

Emotionally	Mentally	Physically
Overwhelmed	Racing thoughts	Headaches
Irritable and 'wound up'	Constant worrying	Muscle tension or pain
Anxious or fearful	Difficulty concentrating	Dizziness
Low self esteem	Difficulty making decisions	Difficulty sleeping
Feeling isolated	Over-burdened	Feeling low on energy
Fearful		Eating too much or too little

You can't always prevent stressful situations from happening but there are things you can do to help manage stress better.

- ▶ Try mindfulness.
- ▶ Think about how well you manage your time. Poor time management can often leave us feeling out of control.
- ▶ Get plenty of exercise, eat a healthy balanced diet and get enough sleep.
- ▶ Don't forget to talk to friends and family. Sharing your concerns may help to identify some solutions.

All these things, when practiced regularly will boost your resilience and help you to cope better with stressful situations.

# National Stop Snoring Week 22nd-24th April 2019

**Snoring is very common and isn't generally caused by anything serious. Snoring happens when your tongue, mouth, throat or airways in your nose relax and narrow as you breathe causing loud vibrations.**

According to a YouGov report in 2015, approximately 45% of UK adults snore sometimes and up to 25% snore on a regular basis.

#### **You may be more likely to snore if you are:**

- ▶ Are overweight
- ▶ Smoke
- ▶ Drink too much alcohol
- ▶ Sleep on your back

#### **You may be able to make some simple lifestyle changes to help you stop or reduce your snoring:**

- ▶ If you are a little overweight losing some weight may help
- ▶ Try to sleep on your side if possible. Tape a tennis ball to your back or buy a special pillow to encourage you to remain on your side as you sleep.
- ▶ If your snoring is affecting the sleep quality of your partner, consider suggesting they use ear plugs.
- ▶ Avoid smoking and drinking too much alcohol, particularly close to bedtime.

Sometimes snoring is caused by Obstructive Sleep Apnoea (OSA), a condition where your airways become temporarily blocked as you sleep, interrupting normal breathing. Symptoms of OSA are usually spotted by another person who notices problems while you sleep.

#### **Signs of OSA in someone sleeping can include:**

- ▶ Loud snoring
- ▶ Noisy and laboured breathing
- ▶ Repeated short periods where breathing is interrupted by gasping or snorting

Like snoring, people who are overweight, drink a lot of alcohol and smoke are more susceptible, although males over 40 with a large neck are the most at risk. Losing weight, limiting alcohol and avoiding smoking may improve your condition. OSA is treatable in conjunction with these lifestyle changes so if you think you may be suffering from the condition please speak with your GP.

**SAVE THE DATE: 16th April - Wear your Pyjamas for Pan Can**



### **Food tip**

Eating potassium-rich foods such as pumpkin seeds or bananas, may help reduce symptoms of stress and anxiety.

### **Quote of the Month**

“ Tired minds don't plan well. Sleep first, plan later. ”

Walter Reisch