

Essential Tips

courtesy of Co-Op Education Centre & Job Placement Centre

Overcoming Stress

By: Norhidayati Abdul Halim





❖ Counter Stress with Relaxation

- Different individuals have different methods of releasing stress. Relaxation is one of the many ways to de-stress.
- Here are some examples on how to release stress:
 - ✓ Meditation/quiet time
 - ✓ Breathing exercises
 - ✓ Visualisations
 - ✓ Living 'in the present'

"Unplug and recharge."



❖ Meditation/quiet time

- ✓ Meditation/quiet time restores calm and inner peace. It also balances both emotional well-being and overall health.
- ✓ Meditation can be practised wherever we are.
- ✓ Types of meditation:
 - Tai Chi – performing a self-paced series of postures or movements in a slow and graceful manner while practising deep breathing.
 - Yoga – performing a series of postures and controlled breathing exercises.

“Being distracted by the TV does not reduce the effects of stress.”

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❖ Breathing exercises

- ✓ Controlled breathing keeps the mind and body functioning.
- ✓ It lowers blood pressure, and promotes feelings of calm and relaxation.
- ✓ Practise inhaling then exhaling – for five counts each – through the nose on a regular basis.

“Calmness is the cradle of power.”
- J. G. Holland

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❖ Visualisations

✓ Visualisation is simply a mental rehearsal.

1. Create mental images in your mind of a relaxing view, moment or action.
2. Repeat the images three to five times, or according to your needs.
3. Practise this for five minutes everyday.
4. Envision the end result of a goal you wish to achieve.

“Attract positive results with positive thinking.”



❖ Living 'in the present'

- ✓ Live in the present, as the reminder of the past may put you in guilt and negativity, while thinking of the future may be worrisome, which may lead to stress.
- ✓ Focus on the present by focusing on your senses – what you are experiencing now – and feel the tension leave your body.
- ✓ Notice and pay attention to your actions.
 - ✓ Enjoy the taste and texture of your food as you chew it.
 - ✓ Be aware of how the wind feels when it brushes your face as you walk.

"The moment is all around you. All it takes is for you to live in the present and notice it."

Tune in next week for more

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