



A W A K E N
p s y c h o l o g y

healing

through

growth



In this article we look at stress ... and a novel way to work with stress.

And don't forget, last time we discussed 3 ways you can be more compassionate towards yourself. Click [here](#) to find out more.

If you're interested in our previous articles, please click [here](#)

Stress

By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)

If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

Stress is something that nearly all of us experience – for some of us it's yearly or monthly, for others it's daily or even hourly. While being stressed isn't all bad (for example, it can help us problem solve, it can get us motivated to take action, and it can also be an indicator that something isn't 'quite right' in our life); being in a continual state of stress is not great for our mental health or our physical health.

Stress has been linked to chronic health problems such as heart disease, liver disease, and diabetes. Research has also shown that we live shorter lives when we're under more stress, and that our immune

AWAKEN PSYCHOLOGY

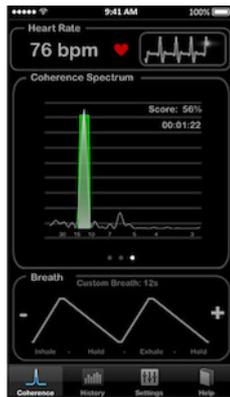
Healing Through Growth
118 Partridge Street
Gleneig South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100

system suffers. Stress can also affect how we feel about ourselves, and it can affect our relationships with those around us. So, working with stress can be useful for a multitude of things.

While there are many ways to work with stress (such as deep breathing, relaxation exercises, writing 'To Do' lists, etc.) we'd like to introduce you to a novel way of de-stressing.



This is an app (Apple and Android) that you can download on your smartphone ... and it's FREE. This app helps you to focus on your breathing, and in turn aims to get your heart rate and your breath rate in 'coherence' (working together). When you have a high coherence score, basically what it indicates is that your 'stress' system and your 'rest' system are balanced (therefore you should be feeling relaxed).

Using this app twice a day (before you get out of bed in the morning and when you go to bed at night – just as a guide) can help you to start to monitor your stress, and actively work on de-stressing ... which in turn (if you practice consistently over a period of time) will assist your brain and your body to be in a relaxed state more often (which is great for everything!).

However, if you've downloaded the app, you've practiced consistently, and you're still finding it difficult to de-stress, then seeking professional assistance could be useful.

If you would like help in managing your thoughts, feelings or behaviours, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

AWAKEN PSYCHOLOGY

Healing Through Growth
118 Partridge Street
Glenside South SA 5045

e : amanda@awakenpsychology.com.au
w : www.awakenpsychology.com.au
fb : www.facebook.com/awakenpsychology
t : www.tumblr.com/blog/awakenpsychology

p : 0488 954 195
f : 08 8294 3100