

80%

The amount of women who will do nothing or 'suffer in silence' when it comes to health symptoms

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FIVE WAYS TO INSTANT CALM

Mental health therapist **Zoe Clews** (zoeclews-hypnotherapy.co.uk) shares the tips she'd recommend to clients who suffer from the impacts of stress

Try deep breath work

The 4-7-8 breathing technique, also known as relaxing breath, involves breathing in for four seconds, holding the breath for seven seconds and exhaling for eight seconds. This breathing pattern helps reduce anxiety and can also be really useful at night for easing you into sleep.

Put self-care first

It's easier to treat ourselves well when we feel good and it's harder when we don't, but it's at this time when we need self-care most. We all have to find our own version of self care that works for us – spending time in nature, taking long baths, making healthy, delicious food, reading comforting books, watching films and doing something creative are all popular ways of practising self-care.

Express yourself

Talk to someone 'safe'. And by this, I mean a person who isn't going to judge you and tell you to 'pull yourself together'. That safe person could be your partner, a co-worker, a friend, a family member, a therapist or a helpline. It doesn't matter, as long as they can hear you and empathise.

Let it out

Toddlers and animals shake off stress naturally, and then it's gone! Unfortunately, adults bottle it all up and wonder why we feel awful. There are several ways of getting stress out of your body safely. Exercise is one, and have you ever noticed how much better you feel after a really good cry? It's because it releases a stress hormone when we do. One of my favourite techniques is having an adult tantrum by lying on the floor and pounding your fists or just shaking your body. This really does help discharge all the built up toxic stress. We feel stressed when we feel full, so by releasing it from the body in a safe and private way (perhaps your own home and not the office!), you'll experience pretty instant relief.

Recharge your batteries

It's incredibly grounding to absorb yourself in nature and this feeling is the opposite to feeling stressed. Turn your phone off, move away from all the stressors and dedicate that time to yourself. In this increasingly crazy world, there's never time for anything, you have to make time for you and by doing this, you'll be able to return to work or home life with more energy.

...AND RELAX

Self-care needn't be indulgent – sometimes it's a necessity. Take a load off (and not feel guilty about it!) with our hero buys



PROMOTIONAL CONTENT

Pink Himalayan Bath Salts, £6.50, handmadenaturals.co.uk



The Relax Capsules, £18.95, liveinnermost.com



Ultimate Wonder Balm, £33, greenpeople.co.uk