

Understanding Stress



Repeated exposure to stressful situations can really wear you down. When a person is exposed to enough stress, over a long enough period of time, they risk developing Chronic Stress.

Chronic stress causes the body to release too much of the stress hormone cortisol, which can really impact your nervous, immune, and cardiovascular systems.

Stress in Australia

According to the National Study of Health and Wellbeing, **about 15% of Australians experienced high or very high stress** levels in 2020-21.

People aged 16-34 are statistically more likely to experience high or very high psychological distress levels than older Australians.

Symptoms of Stress



Cognitive and behavioural signs of stress may include:

- Difficulty focusing
- Negative thoughts and anxious ruminations
- Forgetfulness
- Disrupted sleep patterns
- Changes in eating habits
- A sense of isolation and detachment from others

Stress can also present through physical symptoms such as:

- Chronic fatigue
- Nausea
- Dizziness
- Tension and stiffness in muscles
- Loss or gain in weight
- High or low blood sugar
- Weakened the immune system
- Reduced libido



Managing Stress

Sometimes, the best way to manage stress is through some proven self-help strategies, such as:

- Mindfulness meditation
- Relaxation techniques
- Positive affirmations
- Assertiveness

Seeking professional help is often a great idea when chronic stress becomes a little too much for you to manage on your own. A professional can help you identify negative thinking patterns and help you to replace them with positive ones.



Getting Help



Call us on **1300 151 110** to book an initial consultation with a compassionate psychologist.
www.unboundminds.com.au