



INNER-MOST  
COUNSELLING  
FINDING HEALING  
FROM WITHIN

with Caroline Raphael

Registered Psychologist

[www.innermostcounselling.com.au](http://www.innermostcounselling.com.au)

# Tips to support with Stress and Exhaustion

*We are living in a world where we consider it normal to be stressed, Yet it is not Normal!*

## Why are we Stressed and Exhausted?

### We are not coping with the pressures of daily life;

- Feeling the need/pressure to perform
- Feeling overwhelmed by the world – not knowing what to do?
- Feeling ill-equipped to deal with what is occurring and or about to occur

- Not being able to say No
- Loss in trust of self and ability to express
- Over sense of responsibility
- Lack of understanding and connection with self
- Lack of care from self and others

## Two Key Factors: Giving our Power away and Lack of Expression

### Lack of Expression

- Not speaking up when we feel to or want to
- Not being honest about what we are feeling
- Not trusting what we are feeling

### Giving our power away

- Doing things we don't want to
- Saying yes when we want to say no
- Living by should and should nots

***When in fact it is so natural to express and honour who we are why do we suffer from lack of expression and disempowerment?***

## When we do not get honoured and adored for who we are, we:

- Toughen up
- Seek recognition and approval
- Hide our true selves
- Conform to how the world tells us to be
- Bury our sensitive's
- Withdraw from life or,
- Over perform

## What can we do?

### Use the body!

Use our body to recognize signs of stress – everyone is different. We can start to accept stress in the body as normal – “That’s just how I feel”

**Recognise the signs** - these may be personal to each and every one but some common signs are;

- |                                    |                                     |                              |
|------------------------------------|-------------------------------------|------------------------------|
| • Irritability                     | • Inability to focus or concentrate | • Tightness or pain in chest |
| • Frustration                      | • Wanting to sleep                  | • Difficulty breathing       |
| • Anger                            | • Not wanting to sleep              | • Frequent urination         |
| • Tear easily                      | • Checking out                      | • Depression                 |
| • Low tolerance to self and others | • Raid heartbeat and palpitations   | • Tantrums                   |

## Make more supportive choices:

**Establish a regular sleep pattern** (The earlier the better. The body function best when it is in rhythm, the motto early to bed early to rise applies here) Birds do it, animals do it .... Why don't we.

**Eat to your body** (Our bodies are great at telling us what we can and can't eat, if you listen you will notice a significant improvement in your overall health – reducing Gluten, Dairy, Caffeine and Alcohol can make a huge difference). It may not be easy to begin with but it is worth it

**Exercise** (Gentle regular exercise, as simple as walking has been shown to have dramatic impacts on decreasing stress, anxiety and depression)

**Support** (We all need support and it is important we access it when needed, whether it be supporting ourselves or getting it from another we are all worth it!)

**For Further Support** - Access this Comprehensive Health and Well-being website [www.unimedliving.com](http://www.unimedliving.com)