

## Capel Parish Nurses: *Serving the Community of Capel St Mary*

One of the many campaigns for April is that it is the National Stress Awareness month. Everyone feels stressed from time to time but if it is left unchecked then it can lead to a whole host of health issues. Some tips for reducing and / or managing stress:

- Be active: this will not remove the source of the stress but often aids people in coping with it. It gives you an opportunity to think through the issues and find possible solutions. If I have had a tough day, I will often hit the tread mill so that I can process things and it is a great way of winding down.
- Connect with people: it always helps to have a friend when you are feeling stressed. Engaging with people encourages positive relationships and can help us relax and laugh. There are several groups run by Capel Methodist Church which you are very welcome to (see church diary).
- Take control of the situation: it is very empowering. The feeling of loss of control has been attributed to one of the main causes of stress.
- Challenge yourself: set yourself a new goal and gain confidence through it. I have entered the Great East Swim this year – I have never done any real swimming before and definitely not open water, in a wet suit, with fish there. The thought is daunting but exciting and I know I will get a sense of achievement and accomplishment when I have done it.
- Work / home life balance. This is always a tricky one and what is right for one person will not be right for another. Also prioritise your workload to reduce your stress.
- Take some “me” time. This is so often overlooked but so important for staying healthy. Go for a walk, watch a film, read a book, sing in a choir – what ever it is that helps you recharge.
- Lastly try to stop stressing over the things you cannot change and instead focus on those you can. I find this prayer helps “God grant me the serenity to accept the things that I cannot change: the courage to change the things I can: and the wisdom to know the difference.

Failing all that, there are a few other national campaigns this month that might help de-stress you and if not then entertain you!

2<sup>nd</sup> April International pillow fight day (I think we should all try this and send your photos to [caroline@capelarishnurses.org.uk](mailto:caroline@capelarishnurses.org.uk))

7<sup>th</sup> April Walk to work day

21<sup>st</sup> April National skipping day

24<sup>th</sup> April National stop snoring week or 25<sup>th</sup> April World Penguin day (I have no idea what you are supposed to do on this day!).

God bless,

Caroline

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**May**

**MAKE MAY PURPLE /ACTION ON STROKE MONTH 2017**