



Lifestyle as Medicine Programme:

# Reduce Stress

[www.HAYCambsPboro.co.uk/LAMP/stress](http://www.HAYCambsPboro.co.uk/LAMP/stress)

Stress reduction techniques like breathwork can lower our blood pressure and reduce anxious thoughts. Plus we can harness our breath any time any place - no-one even needs to know!



#LAMPLightbulbMoments

## Starting Point

What does the word “stress” mean to you? Do you think of it as something in your mind, or your body? Does it feel like something that is either good or bad?



This link gives some common associations people have to the word stress.

## Proof

Stress responses in our body are normal and healthy – but if we activate them too much they can become harmful. We might also be predisposed to stress due to earlier life experiences.

Meet the stress experts on the LAMP webpage.

## Actionable Ideas

What ideas can we try to help us reduce stress? This link has some suggestions.



We can think about:

- ways to process stress from the past
- ways to reduce day-to-day stress
- ways manage when life is making us feel stressed
- ways to reduce stress in the moment

## Relate



Reducing stress can help us switch off and fall asleep more easily



Reducing stress can make trying new movement activities less daunting



Reducing stress can make us less likely to crave unhealthy food choices



Reducing stress can allow time with others to feel more connected



Reducing stress can lower the need to rely on unhelpful coping strategies

## Knowledge Library

There are more links you might like to explore on the LAMP webpage.

## Self-Reflection

What do you notice when you reduce stress? What helps you reduce stress?

You might find it helps to keep a note of the things that support you with reducing stress, so you can refer back any time you need.