

# The Stress Response

Stress has been around for millions of years. It allowed humans to react to potential threats.

Different situations required different responses – these have been classed as the “3 Fs”:



In the modern world we continue to experience these reactions in response to threats.

Unfortunately, the body can also over-react to things that are not life-threatening (such as traffic jams, being in crowded places or emotional situations).

Stress can affect how you feel, think, behave and how your body works. The way it affects the body can be:

Awareness of **heart beating** 

 Feeling **light-headed**

 **Heightened senses**   
(sounds seem louder, vision seems sharper)

 Feeling **hot or flushed**

 **Tense muscles**   
(flexed arm or clenched teeth)

**Churning feeling in stomach**



# What to do about Stress?

## Situation

What am I feeling?

What am I thinking?

What am I doing?

## Time Out

Try to pay attention to your breathing

Count to 4 as you inhale, then count to 5 as you exhale

## Rest Reset Relax

Try to relax your muscles  
Unclench your jaw and drop your shoulders

## Environment

Try to remove yourself from the stressful situation

Get outside for some fresh air

## Support

Reach out and talk to someone you trust

## Sustainability

When you feel better, think back over what happened:  
Can you identify triggers?  
What has helped you feel better?

Where do I get symptoms?

What helps me to feel better?

What works for me to reduce my stress levels?

Me

## RESOURCE

- [Clearyourhead.scot](http://Clearyourhead.scot)
- Glasgow | Wellbeing Services | NHS ([wellbeing-glasgow.org.uk](http://wellbeing-glasgow.org.uk))
- SAMH (Scottish association for mental health)
- [Mind.co.uk](http://Mind.co.uk)