

Stress

STABILIZE YOUR MIND

During exam / test times it is often a problem to stay awake & concentrate like you want to. Desperate students then resort to desperate measures and consume huge amounts of coffee, energy drinks, etc., in the process putting their health at risk.

STRESS SYMPTOMS

- Exhausted
- Overworked
- Tearful
- Headache
- Sad
- Sleeplessness

WHAT IS STRESS?

- Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.
- Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious.
- Distress is a negative stress response. It occurs when stress continues without relief. Distress disturbs the body's internal balance causing physical and emotional symptoms: headache, elevated blood pressure, chest pain, insomnia, depression, panic attack and anxiety.

STRESS IS A PART OF LIFE. KNOWING WAYS TO MANAGE STRESS CAN BE BENEFICIAL. THERE IS GOOD STRESS AND BAD STRESS

Good stress and bad stress: A certain amount of stress is normal and keeps body and mind functioning. Your feelings about the source of stress / how you interpret the source of stress contribute to how well you handle it. Good stress is less likely to have bad consequences. None of us would be very healthy if our lives contained no surprises, delight, shock or demand of any kind.

HOW TO REDUCE STRESS?

- PRAY
- Go to bed on time
- Get up on time so that you start the day unrushed
- Say no to projects that won't fit into your time schedule or that will compromise your mental health
- Simplify and unclutter your life (start sorting out your immediate environment, that is your room , keep it clean and neat)
- Manage your time well & study regularly to keep abreast
- Take one day at time
- Separate worries from concerns. If the situation is a concern find out what God would have you to do and let go off the anxiety. If you can't do anything about a situation forget it.
- Live within your budget, know what you can afford
- Eat balanced meals: fruit & veggies included.
- Exercise every day even just 15 – 20 minutes
- If you are really tired , rather get some sleep and study later
- Keep rehydrated but do not opt for energy drinks (read more about them on the next page)

ABOUT ENERGY DRINKS (READ THE LABEL)

Energy drinks should not be confused with sports drinks which are used for rehydration when doing sport. Sports drinks contain sugars needed to generate energy and electrolytes to replace those lost during participation in sport.

ENERGY DRINKS ON THE OTHER HAND OFTEN CONTAIN AMONGST OTHERS:

- very high concentrations of caffeine (some more than others)
- higher levels of sugar than most other soft drinks
- Taurine, an amino acid naturally produced in the body & which at normal levels helps to regulate heart beat, muscle contraction & energy levels
- Guarana (Guaranine) derived from seeds of the Guarana plant - these seeds have even higher levels of caffeine than coffee beans.
They also contain substances like theobromine, theophyllin (used in the treatment of asthma)
- Ginseng, derived from plant roots - Boosts energy levels
- Some of the B vitamins which help with the conversion of ingested food energy.

SO WHY THE WARNING?

- You are taking in too much sugar, which is detrimental to your health
- Compare the caffeine levels in these drinks
 - mug of coffee 80 - 100mg
 - cup of tea - 50mg
 - most other energy drinks - 150 - 500mg per can
- Guarana adds even more caffeine
- You drink too many cans per day leading to caffeine intoxication
- Some cans show info as to maximum per 24hrs - heed this warning
- You often drink additional coffee, soft drinks - Even more caffeine
- These drinks are especially dangerous combined with alcohol

TOO MUCH CAFFEINE

- Causes nausea, headache, dehydration
- Raises blood pressure, pulse rate & body temperature
- Leaves you jittery, trembling & fatigued, unable to concentrate
- Leads to insomnia & memory problems
- Deaths have already been reported from caffeine intoxication

Always read the label (including the small print) first so you can know what you are putting into your body)