



MTHFR: The Role in Cardiovascular Disease

Eight Great Tips to Stress Less

Helpful tips to manage and work through stress

What's Your Style?

Some great forms of exercise include riding, walking, aerobics, dancing, hiking, swimming, jogging, martial arts, yoga and boxing



Can You Control It?

Many times, we stress and worry about the future or current events we cannot impact or change. Directing your focus on things you can positively influence takes us much further than being stuck worrying about things we will never be able to change.



1. Take time for yourself:

Allow yourself time to do things that you enjoy. Whether this means reading a book, playing a sport, having a bath, meditating daily or treating yourself to a massage.

2. Be active every day:

Being physically healthy is an important foundation for combating stress. Exercise every day for a minimum of 30 minutes of moderate intensity is one of the best ways to beat the effects of stress.

3. Spend time with people who make you feel good:

Nurturing a positive view of oneself is important for resilience. Spend time with people who help build your confidence and belief in yourself.

4. Laugh out loud each day:

Laughter strengthens the immune system, boosts energy, reduces pain, and protects against the damage of stress. Spend time with fun, playful people. Find out who/ what make you laugh most and find ways to incorporate this into your life daily.

5. Enjoy a herbal tea with a friend:

Research shows that relationships are one of the cornerstones of wellbeing. Rather than drinking coffee (high in caffeine and can stimulate the 'fight or flight' response), opt for a herbal tea that has a calming effect on the nervous system, such as Chamomile, or Lemon balm.

6. Do one thing now you've been putting off:

Procrastination can be a major barrier to wellbeing, leading to stress and preventing us from doing the things that are important to us and good for us. If you need help to feel more motivated, talk to your health professional for strategies or find a life coach to help get you back on track.

7. Remember, the difficult times will pass:

One way to build resilience is to keep things in perspective. When you can, try to avoid being overly negative about what may be happening in your life. Talk to a counsellor, a friend, or loved one to help you through this time in your life.

8. Focus more on things you can control:

There are many things in your life that you have no direct control over. Resilience involves being able to adapt to change with a minimum amount of stress. Instead of resisting or trying to manipulate things beyond your control, look at them as opportunities to learn and grow. Focus your attention on areas where you can make a difference. Celebrate these as you go!

(Mental Health Association NSW's *10 Tips to Stress Less*. <http://www.mentalhealth.asn.au/>).

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