



Transform Your Team – Stress: are we coping? 21st May 2018

#The Essential News Story

Last week was mental health awareness week. In conjunction with this week the mental health awareness organisation has issued a report entitled - **Stress are we coping?** The mental Health Foundation commissioned this survey and was undertaken by YouGov; it polled 4169 adults in the UK in 2018. While stress isn't a mental health problem in itself, it often leads to depression, anxiety, self-harm, and suicide. It can also lead to physical health problems such as cardiovascular disease and joint and muscle problems. This latest research has found that in the over the past year almost (74%) of people have a sometimes felt so stressed they felt overwhelmed or unable to cope.

What makes us stressed?

Many things act as stressors in our life. The death of a loved one, divorce separation, losing a job, long term health conditions. Also, not all stressful life events are adverse; stress can come from positive life changes, getting married having a baby, retirement.

We know the excellent work and activity can be very beneficial to mental health, but also it can be a stress problem as well. Balancing home and work is difficult at the best of times particularly the people working with demanding pressurised jobs.

Financial concerns also are another major stressor the survey found that the primary concern is more pay or lack of salary prospects and paying your household bill. the key is not having enough money in fact worrying about just making it to the end of the month.

The final thing added to this report was technology and social media which can have a positive effect but can serve in some ways to contribute to stress.

View from @PhilJBish

The number one source of stress in your life is worrying about the issues. For example, work doesn't keep you up at night worrying does. Why do you need to let go of your worry?

First worrying exaggerates the problem. Having noticed if somebody says something wrong about you the more you think about it, the bigger it gets, and worrying about it doesn't work. By worrying about something, does not make a change and you can't change by worrying about it, it is a waste of energy and useless.

We are not born as worriers. You might think you are, but you are not. Worry is something you've learned through fear and fear is unhealthy. Your body wasn't designed to handle anxiety when people say I'm worried sick they are telling the truth. Doctors say a lot of people could leave the hospital today if you lay aside all the guilt resentment and worry. Worry will not change the past and anxiety cannot control the future all it does is a mess up today. Anything that worries you changes you, and it makes you miserable, and worrying never solved the problem it is unhelpful in your life. The first step in stress management and worry is trying to refuse to worry about anything why because it is unreasonable and unhelpful in your day.

Well Being & Pastoral Care

As your Sports Chaplain @ Glamorgan CCC, my role is to provide an impartial and confidential point of contact to talk about any matters you may be worried about on or off the field, offering pastoral support. This support is provided to all connected with Glamorgan CCC. Including players, coaches, staff, volunteers, and families.

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