

## **Dr Mark Hamilton's stress-busting tips**

### **1) If you are unsure about your career:**

- Make a list of all the things you're good at
- Shortlist possible jobs that appeal to you
- Get some work experience in those areas.

### **2) If are facing a stressful situation, try the visualisation technique:**

- Identify a place that makes you feel calm
- Imagine yourself there when you feel stressed
- Stay there as long as you need.

### **3) Whenever the stressful feelings return:**

- Cut out images of your favourite relaxation place. In Erica's case, it's a rose to remind her of the rose garden
- Place them somewhere appropriate to your situation. Erica chose the kitchen because she reaches for food in times of stress
- Use the visualisation technique instead of comfort eating.

### **4) Mark explains an unusual technique**

Programme 1, 15:17 – 17:03

- In: (Narrator) 'The technique aims to help her let go of some of the bad feelings...'
- Out: (Erica) 'Thank you.' (end of scene)

What do you think of the auto-rocket? Mark says that symbolism is important in ridding yourself of damaging feelings. Can you think of another way of getting rid of the negative thoughts that might be preventing you from moving on?

### **5) Try the deep breathing technique**

Programme 2, 14:30 – 16:25

- In: (Mark) 'The bed here...'
- Out: (Narrator) 'Then reverse the process.'

Find a quiet place. Place one hand on your abdomen and the other on your chest. When you breathe out, your abdomen should expand, creating a see-saw motion. Breathe deeply and slowly. This increases the in-take of oxygen, slows the heart rate and lowers blood pressure - all of which helps to lower stress levels. Do this for 5, 10 or even 15 minutes a day until you feel calmer.

### **6) Have a good night's sleep**

Use the deep breathing technique above if you have difficulty getting to sleep.