

Clinician
Corner

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How to Manage Stress and Improve your Wellbeing



Why We Get Stressed

Stress is a natural survival response. When the brain perceives a threat, it releases hormones like adrenaline and cortisol that increase heart rate and blood pressure - great for danger, less useful for modern life.

Chronic stress can contribute to issues like insomnia, high blood pressure and anxiety.

When to Take Stress Seriously

Think of stress as steam building up in a pressure cooker- it needs to be released or managed before it boils over.

Here are some clues you might be feeling overwhelmed:

- Irritability, feeling unable to think clearly, or becoming easily overwhelmed.
- Avoiding activities like eating, exercising, or socialising.
- Teeth grinding or jaw clenching.
- Difficulty sleeping.
- Physical symptoms like headaches, heartburn, or muscle tension.



5 Tips for Managing Stress

Improve your work-life balance

- Set clear working hours.
- Create a dedicated workspace
- Take regular breaks.
- Reduce email overload by speaking to colleagues directly.



Talk it out

Stress can worsen when we bottle it up. Family, friends, and colleagues can offer support, but they need to know how you're feeling first.

When discussing stress, focus on how specific situations make you feel. For instance, saying, "*A tight deadline makes me feel overwhelmed,*" opens the conversation without making others defensive.

Try Yoga

Regular yoga practice has been shown to reduce symptoms of anxiety, depression and insomnia in just 2-4 months.



Practice Mindfulness

Mindfulness and meditation can help lower cortisol and reduce inflammation linked to stress. An eight-week mindfulness programme has been shown to reduce inflammatory responses.



Use trusted Self-help tools

- NHS: Managing stress.
- Mental Health Foundation: Stress resources
- Mind: Practical guidance

How can Doctor Care Anywhere help



24/7 GP and ACP Appointments

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



Mental Health Services

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



Tailored Physiotherapy Support

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.



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