



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

Have you already participated in DER KURS Fundamentals and want to continue advancing your personal development? Then feel free to sign up for DER KURS Finetunings!

New: DER KURS Finetunings
(Starting in December)

Start date: 07.12.2024
Time: 09:00 AM - 03:00 PM

For registration or inquiries, please contact me:

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<https://www.iris-alheidtpehrisch.com>

Stress: Understanding and Managing It

In the coming weeks, I would like to engage with you in-depth on the topic of "stress." For many, stress is a constant companion in everyday life, but there are ways to better understand and manage it. In my weekly insights, I will explore fascinating aspects and share helpful tips on how you can improve your approach to stress and find more inner balance. I hope these insights will provide you with valuable suggestions and support.

Recognizing Stress Levels

Recognizing Your Stress Level is the first step toward addressing it effectively. Here are some signs that may indicate your stress level is elevated:

- **Physical Symptoms:** Headaches, muscle tension (especially in the neck or back), stomach issues, increased heart rate, or sleep disturbances.
- **Emotional Signs:** Irritability, nervousness, feeling easily overwhelmed, frequent mood swings, or persistent restlessness.
- **Mental Changes:** Difficulty concentrating, forgetfulness, racing thoughts, or a sense of overwhelm, even with simple tasks.
- **Behavioral Patterns:** Changes in eating or sleeping habits, withdrawal from social interactions, increased smoking, or turning to alcohol or unhealthy foods.
- **Lack of Energy:** A constant feeling of fatigue or exhaustion, even after sufficient sleep.

My tip for you: Pay attention to how frequently and intensely these signs occur to get a better sense of your stress level. It can also be helpful to keep a stress journal to identify patterns and triggers. After all, awareness is the foundation of change!

