



Iris Alheidt-Pehrishch - 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-Pehrishch

Recommendation of the week:

Cuddle animals!

It's a wonderful way to reduce stress.

Grab your pet or your neighbor's:

When you pet them, the hormone oxytocin is released, also known as the "cuddle or bonding hormone." It helps you feel more relaxed and calm.

Serotonin and dopamine, which are responsible for feelings of happiness, are also released in greater amounts.

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Managing stress instead of avoiding it

A completely stress-free life seems almost impossible in today's world, as our daily lives are often shaped by work, family, social obligations, and constant accessibility. So, the real question you should ask yourself is not, "How do I live stress-free?" but rather, "How do I deal with stress?"

In addition to setting boundaries, which I talked about last week, another really helpful aspect is setting priorities. What do you prioritize? What is truly important and what isn't? By learning to filter what really matters to you, you create space and shift your focus away from the overwhelming number of things coming at you. It's important to always clearly distinguish between what others consider important and what you personally feel is important. The latter is the key to managing your stress level independently.

How You Can Use Stress Positively

Viewing stress as a friend rather than an enemy – have you ever thought of it that way? Did you know that stress can activate your body to better handle challenges? When you're under pressure, stress hormones like cortisol and adrenaline are released. These hormones help you become more focused and energetic in the short term to tackle difficult situations. That's why stress sometimes pushes us to get things done that we otherwise wouldn't find the motivation for.

Think about how, during an important task, you suddenly felt full of drive. This is where the positive side of stress shows itself: it gives us the push we sometimes need to exceed our own limits.

The key is to use stress consciously, rather than seeing it merely as a burden. If you learn to make it your ally, not only will you handle challenges better, but you might even find yourself moving through life with more energy.

Everything in life has two sides

The same goes for stress. There's always a good and a less favorable side. Which side you see and which aspect you give space to is entirely up to you. You can view stress as an enemy – or as a driving force.