Why we need to manage stress

“Stressed nation: 74% of UK 'overwhelmed or unable to cope' at some point in the past year.”

This was the headline of a following a UK-wide survey commissioned and published by mentalhealth.org.uk in 2022.

**74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.**

* 81% of women said this compared to 67 percent of men.
* 83% of 18–24-year-olds said this compared to 65 percent of people aged 55 and over.

**32% of adults said they had experienced suicidal feelings as a result of stress**

* 35% of women said this compared to 29 percent of men.
* 39% of 18–24-year-olds said this compared to 25 percent of adults aged 55 and over.

**16% of adults said they had self-harmed as a result of stress.**

* 18% of women said this compared to 13 percent of men.
* 29% of 18–24-year-olds said this compared to 6 percent of adults aged 55 and over.

Here at Life Solutions, we offer a multi-modal way of managing stress, including diet and nutrition, relaxation techniques such as hypnosis and breathing techniques, talking therapies, counselling, and CBT, and teaching self-calming interventions including NLP and EFT. For those individuals suffering from trauma, adjustment disorder and complex bereavement we are also fully qualified and insured in EMDR (eye movement desensitisation and reprocessing).

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