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Editorial

Smile to beat stress

WITH increasing numbers of Irish people experiencing stress in the workplace, and statistics showing that bullying and harassment is the cause of over 100 suicides a year, we are all being reminded to share a smile and relax as part of National Stress Awareness day, this week.

Share a smile with friends, family and colleagues, is a "proven stress buster".

Therese Ryan, expert consultant to the Irish TV health show 'How long will you live?' and head of the International Stress Management Association (ISMA) in Ireland, which organises National Stress Awareness day, reminds people that smiling alleviates stress. "And when we smile our brain automatically says, 'Yes', endorphins are released and we feel a lot more calm and capable".

"We want people to talk openly about stress, ask questions about the symptoms and how to cope. It's a question of national awareness and well-being. Also share a smile with others this week, it's natural, cost free and effective," says Ms Ryan.

By logging onto the National Stress Awareness day website www.nationalstressawarenessday.co.uk, you can also send a smile by e-mail to all your friends and family, in order to increase stress awareness.

Therese Ryan is also the director of Renewal Consultants, which is based in Carrick House, 10 Newenham St, Limerick, which provides stress management consultancy. And visitors to the site www.renewalconsultants.com, will be guided through different coping techniques and strategies for stress management.

"The theme for this year is 'Stress – Don't let it get to you' and a smile represents National Stress Awareness day, as it's the one thing you can give away and still keep. Lifestyle changes should be simple and easily incorporated into our everyday lives," adds Ms Ryan. There is a message there for all of us.