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#### The biggest mistake the majority of stressed people make - and how it can make them ill

Most people, when they become stressed try to cope by doing more ... faster. And this has the effect of increasing their stress levels.

After all .....

If you had a leaking pipe in the house, you would turn the water OFF to prevent further damage. Then you would get a plumber (if you were lucky!) to come and check the cause of the problem.

Or .....

If steam was coming from under the bonnet of your car you wouldn’t keep going, or maybe even accelerate – no, you would stop and let the engine cool down. Perhaps, after a while, once the engine was cool, you might top up the radiator with water and gingerly continue your journey, watching carefully for any further signs of trouble.

**Why should you treat yourself with any less consideration than you would the pipes in your house or your car?**

If you’re under excessive pressure then not stopping to catch your breath (literally and figuratively), looking at your situation and seeing if you can achieve the results by doing things differently is the biggest mistake you can make.

If you don’t stop, you don’t allow your body time to recover – ask any top athlete. Over time your mind will go faster and your body slower. This imbalance between mind and body will make it even more difficult for you to recognise the signs of stress – your mind just fails to recognise the signals from your body.

Newton’s third law of physics states that for every action there is an equal and opposite reaction. If you are stressed and ignore it, if you take no action to equalise your state, then eventually your mind and body will force you to rest, either through ill health or mental health problems.