

APRIL NEWSLETTER

Welcome to our April Newsletter!

April is Stress Awareness Month. The perfect time to pause, breathe, and reflect on how we're really doing. Stress is a part of life, but how we respond to it can make all the difference. This month, we're diving into how to recognize it, reduce it, and rise above it.



WHAT ACTUALLY IS STRESS?

Stress is a biological survival mechanism – it's your body's way of protecting you from perceived threats (hello, sabre-toothed tigers... or deadlines).

Two types of stress:

- **Acute stress – short bursts (like before a presentation)**
- **Chronic stress – ongoing pressure without recovery time (hello burnout)**

When stress becomes chronic, it activates the HPA axis (Hypothalamic-Pituitary-Adrenal system), leading to long-term effects on memory, mood, and immunity.



Stress isn't just a thought – it's a physiological cycle that must be completed.

If your body doesn't get the signal that the “threat is over,” it stays in fight-or-flight mode.



“Dealing with the stressor is not the same as dealing with the stress.”

From the book Burnout by Emily & Amelia Nagoski

THE STRESS CYCLE: WHY YOU FEEL STUCK

To complete the cycle:

- Physical activity (walk, dance, stretch)
- Deep breathing
- Laughter
- Crying
- Creative expression
- Positive social interaction
- Affection (yes, hugs help your nervous system!)

GET TO KNOW YOUR STRESS

“What does stress look like in my body, in my mind, and in my behaviour?”

For example;

- Body = Tension in shoulders
- Mind = Racing thoughts
- Behaviour = Snapping at others

Reframe: Stress Isn't the Enemy

Let's not villainize stress. In moderation, it sharpens focus, boosts performance, and helps us grow. This is called *eustress*. The “good stress” that challenges you without overwhelming you.

The goal isn't to eliminate all stress, but to manage your capacity and recovery.



TOOLS TO BUILD YOUR STRESS STRATEGY

Identify Your Main Stressors

Ask:

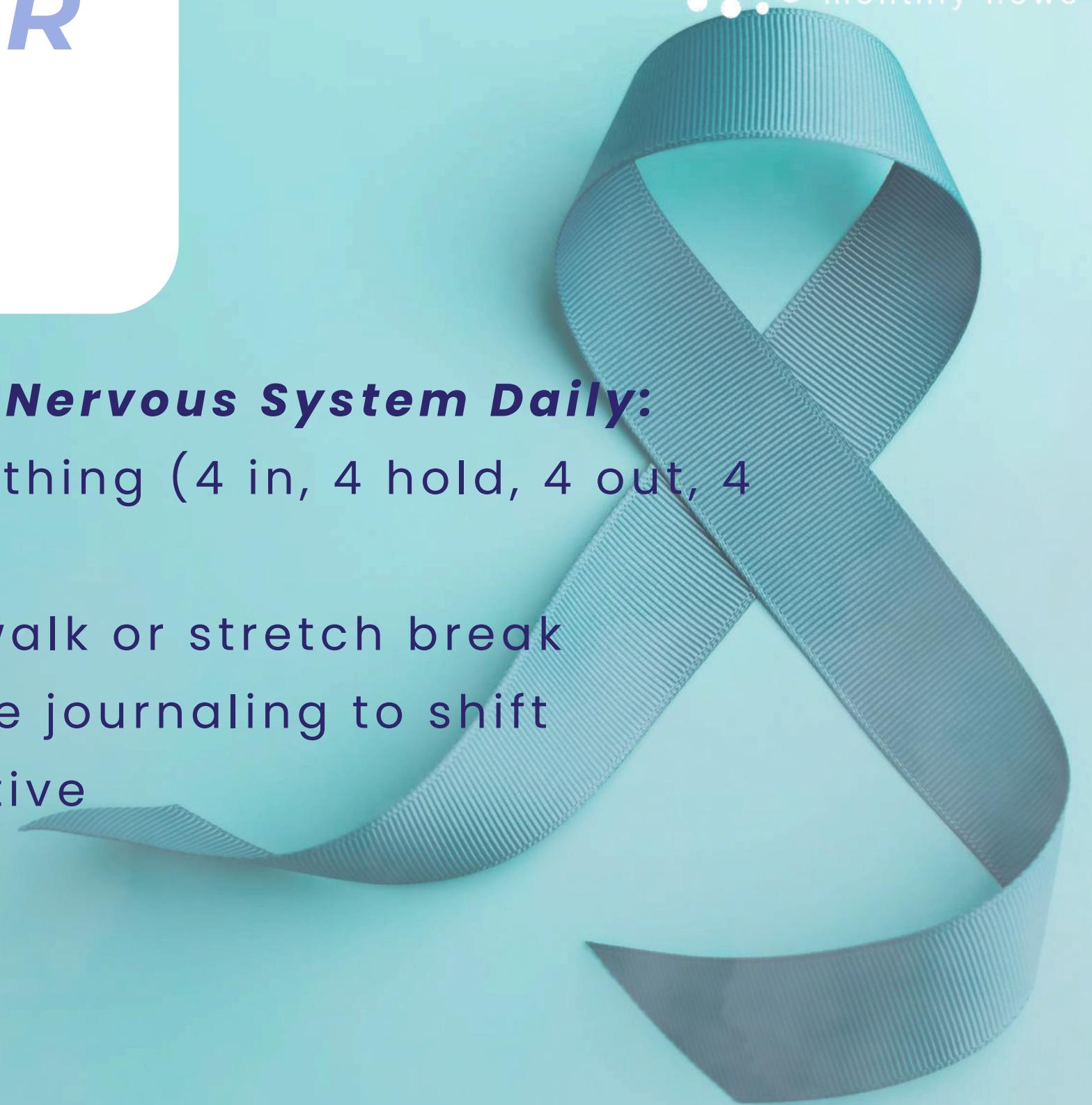
- Is this temporary or ongoing?
- Is it within my control or not?
- What can I change, accept, or release?

Know Your Support Resources:

- Friends/family check-ins
- Coaching or therapy
- Saying “no”

Reset Your Nervous System Daily:

- Box breathing (4 in, 4 hold, 4 out, 4 hold)
- 10-min walk or stretch break
- Gratitude journaling to shift perspective





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***When you know
better, you do
better.***

– Maya Angelou

*Let this be the month you know yourself
better... so you can care for yourself deeper.*

APRIL PUBLIC HOLIDAYS

Friday 18th April (Good Friday for those who celebrate)

Monday 21st April (Family Day)

Monday 28th April (Freedom Day)

In honour of Stress Awareness Month, let's treat these upcoming public holidays as sacred time to pause, reflect, and recharge. Give your mind and body the break they've been asking for. You deserve it!

GET IN TOUCH WITH US:

April gives us a few golden chances to hit pause. Disconnect from the hustle, and reconnect with yourself!

Book your sessions now:

DEBBIE WHEAL

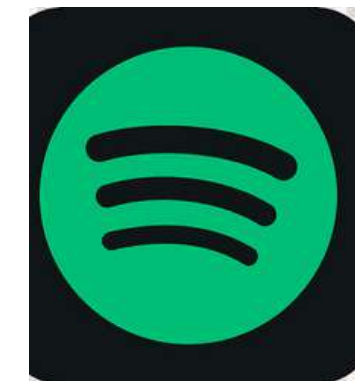
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