
Dr Zoe Williams On Combating Microstresses

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Do you experience microstresses? These small moments of stress occur throughout the day and can build up over time, leading to long-term problems which can drain your energy, impact your physical and emotional health and just make you feel pretty low.

We often dismiss the little mishaps we have throughout our day and underplay the impact they're actually having on our general wellbeing. Knowing how to identify personal microstresses helps us know how to manage them more effectively in future scenarios.

From singing in the shower, to taking a long walk, breathing exercises and even napping, there's several methods to help you deal with microstresses and lessen their impact.

Microstresses can occur anywhere, whether you're at home, at work, or spending time with family and friends. It's super important to make sure you make time for 'me-moments' throughout the day, no matter where you are, so that if you're faced with microstresses, you have time to do a little something that will help you gather your thoughts and balance your mood.

A news agenda dominated by bleak stories, from the rising cost of living to climate change, coupled with daily microstresses means that it's no surprise that Gen Z are a particularly stressed-out generation.

That's why we've teamed up with renowned television personality and practicing physician, Dr Zoe Williams, to share top tips and tricks to deal with microstresses...

"Micro-stresses can materialise in a manner of different ways, depending on the person, and so are also managed via different processes. Gen Z are faced with a multitude of microstresses, from missing the bus, to faulty wifi or having a long to-do list. With these worries hanging over many young people, a lot consider 'me time' to be an important antidote in managing stress.

HERE ARE MY TOP TIPS FOR COMBATING MICROSTRESSES

1. REMEMBER TO BREATHE

A key thing I often say is: Don't forget to breathe. Taking control of our breathing is the quickest way to effectively manage an episode of stress as it helps to regulate our autonomic nervous system, which controls many of our body's involuntary functions (like a quickened heartbeat associated with anxiety).

2. MAKE TIME FOR 'ME TIME'

'Me time' can take many forms – meditation, listening to some music, reading a book – the key thing is it's a bit of time for yourself where you're focusing on something that isn't a microstress. Chewing gum can be a great aid for 'me time', as the act of chewing can provide you with something repetitive to focus your mind on.

3. EXERCISE

Exercise is a great way to manage stress as it releases a cocktail of feel-good neurotransmitters, including endorphins, your brain's feel-good transmitters. Whether it's a run in the park or a 30-minute gym session, getting your body moving can help you feel loads better.

4. BREAK IT DOWN

If you feel like you have lots on your plate, break it down into more manageable chunks and make sure to take breaks in between!

5. TALK TO SOMEONE

Talking about the little things that get to you always makes you feel better! Whether it's your parents, friends or teachers, discussing what's wrong means that you can also chat about ways to make it better and how to deal with it better in the future. As well as that, it can also help put things into perspective!"



ABOUT DR ZOE WILLIAMS

Dr Zoe Williams is a renowned television personality, trained and practicing physician. She is the clinical lead of an industry body, and also works to promote physical activity and healthy lifestyle.

Dr Zoe Williams graduated from medical school in 2007. She has gained experience in many specialist fields within medicine and currently practices as an NHS General Practitioner in London and outside of the surgery is a National Advisor to the government's Office for Health Improvement and Disparities (formerly Public Health England) and has served as a clinical advisor to the RCGP. Zoe is one of the resident Doctors on ITV's This Morning, and has featured as an expert on the BBC's The One Show, Horizon and Trust Me I'm a Doctor. She specialises in debunking the confusing world of medicine, in a fun and entertaining way.

Additionally, her debut book, 'You Grow Girl', reached #1 in Amazon's Children's best seller list in June 2023. Furthermore, her earned media profile extends into Europe, often being quoted within media across the continent.

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