



Dr. Marilyn L Barton
B.Ap.Sc (Psych), Grad. Dip. (Couns),
D. Psych (Clinical), Dip. Clin. Hypnosis

Applecross Psychological Services proudly offers Cognitive-Behavioural (CBT) and other therapies to help you cope with stress.

Inside, you will find information on how to cope with stress prior to your session with Dr. Marilyn Barton.

Stress

Stress is simply a fact of nature with forces from the inside or outside world affecting the individual. The individual responds to stress in ways that can affect the individual as well as their environment. Because of the overabundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be either a neutral, negative, or positive experience.

In general, stress is related to both external and internal factors. External factors include the physical environment, including your job, your relationships with others, your home, and all the situations, challenges, difficulties, and expectations you're confronted with on a daily basis. Internal factors determine your body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest you get.



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How to Cope with Stress



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What Are The Causes And Types Of Stress?

Acute stress can be brief, and specific to the demands and pressures of a particular situation, and the symptoms can begin within minutes of the situation and disappear within days, even hours.

Episodic Acute Stress: Occurs when a person experiences acute stress over and over again.

Chronic Stress: This involves ongoing demands, pressures and worries that go on forever, with little hope of letting up, and can be very harmful to health.

What Are The Symptoms Of Stress?

The experience of stress is highly individualized. What constitutes overwhelming stress for one person may not be perceived as stress by another. Likewise, the symptoms and signs of poorly managed stress will be different for each person and can manifest itself in a variety of emotional, behavioral, and even physical symptoms, and the symptoms of stress vary enormously among different individuals.

- An initial state of disorientation.
- Reduced levels of consciousness.
- Agitation or overactivity
- Headaches, other aches and pains.
- Changes in sleeping patterns
- Changes in eating patterns.
- Anxiety symptoms
- Irritability and even anger
- Depression
- Fatigue
- Feeling overwhelmed.
- Feeling as though everything is out of control.
- Bouts of tears.
- Loss of concentration and memory.
- Low self esteem

- Withdrawal
- Amnesia
- Increased use of alcohol and or drugs.
- Medical problems including high blood pressure, heart diseases, gastrointestinal disturbances.

What Will Help?

- Identify the warning signs
- Identify the triggers.
- Establish the routines.
- Spend time with the people who care.
- Look after your health.
- Notice your self-talk.
- Practise relaxation.

How Is Stress Treated?

Learning how to handle stress in healthy ways is very important. If high levels of stress continue for a long period of time, or are interfering with a healthy life, then identifying the behaviours and situations that are contributing to high stress and then making some changes to the things within the individual's control is important.

Further Help Needed?

At these times, you may wish to seek help from someone you trust such as a close friend or family member, or professionally through your local GP, or through counselling. Applecross Psychological Services can assist you with this process.

Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

