

Coping with STRESS



Stress is a part of life & can be good or bad. Too much stress can be hard to deal with & can lead to mental & physical health issues like high blood pressure, anxiety, headaches, sleeping & stomach problems. It can lead to increased use of alcohol, tobacco or other drugs.

Be healthy - Eat healthy foods & exercise. Being fit & healthy, proper sleep habits & regular, moderate exercise helps ease tension, improves sleep & increases self-esteem.

Make a List - If having too much to do is stressing you out, take time to find out what's most important. What can you ignore for now to lighten your load? Do one thing at a time.

Take time for you & treat yourself well - Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend...whatever it is, do it just for you. Enjoying a hobby brings balance to your life & helps to relieve the pressure of everyday life.

Learn about Relaxation Techniques - Deep Breathing, Progressive Muscle Relaxation, Stretching, Visualization, Meditation, Positive Self-talk

Laugh - Don't take everything too seriously. If you think something is funny, laugh & share it with your friends. Humor is important to your health.

Talk About It! - If something is troubling you, open up. Share instead of carrying it all on your own. Talk to friends, family & co-workers. Don't be afraid to ask for support.

Be willing to seek help when needed - Find people you can talk to when you have problems. Counseling may be helpful if you experience unmanageable stress.

Don't put things off until last minute - It adds pressure & creates more stress.

Practice the AAAbc's of Stress Management

Alter it.

Avoid it.

Accept it!



Western
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For more information, contact your local
Mental Health & Addiction Services Office.

Mental Health Crisis Line 1-888-737-4668

NL Health Line

1-888-709-2929



There are many positive ways of **COPING WITH STRESS**. What works for you?



Warning signs of **STRESS**

Emotional Symptoms

- Feelings of irritability or guilt
- Feeling sad for no reason
- Feeling angry
- Negative thinking
- Feeling powerless, rejected or trapped
- Loss of interest, enjoyment
- Small problems upset or overwhelm you
- Anxiety/Nervousness/Frequent worry

Physical Symptoms

- Change in sleep patterns or trouble sleeping
- Change in weight or appetite (emotional eating, overeating or under eating)
- Tired all the time/Loss of energy
- High blood pressure
- Headaches
- Stomach problems



Behavioural Symptoms

- Difficulty concentrating or making decisions
- Withdrawing from family & friends
- Avoiding tasks or responsibilities
- Increased use of alcohol, tobacco or other drugs
- Arguing with friends, family or partner
- Neglecting your appearance
- Aggressive behaviour
- Crying easily
- Blaming yourself
- Being late for work
- Watching more T.V.



If you are experiencing a difficult time in your life and you need support, contact your local

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