



Lower stress for better health



# Managing stress is important

Everyone has stress in their life at one point or another. When stress continues for a long time, it can become a problem. Lowering stress and tension is good for your health. Managing your stress may result in fewer physical problems, such as trouble sleeping or headaches. It also may lower the chances of serious health issues, like heart problems.

## How do you know it is stress?

The first step in dealing with stress is recognizing that you are stressed. While everyone reacts differently, some signs of stress may be:

- Feeling sad, frustrated, or tired
- Having difficulty concentrating
- Losing your appetite
- Having aches and pains



## Take a look at the stress in your life

**Check or list some things that are stressful for you.**

Consider how you manage that stress now, and what steps you can take to lower your stress in the future.

### Life changes

- ☐ Money issues
- ☐ Death in the family
- ☐ My stresses: \_\_\_\_\_

### Everyday challenges

- ☐ Health issues
- ☐ Traffic jams
- ☐ My stresses: \_\_\_\_\_

### Work pressures

- ☐ Heavy workload
- ☐ Urgent deadlines
- ☐ My stresses: \_\_\_\_\_

### Social situations

- ☐ Meeting new people
- ☐ Arguments
- ☐ My stresses: \_\_\_\_\_



# One thing at a time

You can add stress to your life by trying to do too much.

## These ideas may help you lower your stress:

- **Practice saying “no”** when you have too much to do.
- **Be patient** with yourself and others.
- **Ask for help** if you need it.



## More tips to manage stress

You can learn to manage stress. The key is to choose activities that are healthy and suit your personality.

### What are some healthy ways you can manage stress?



#### Stay calm

- Tell yourself you're doing well.
- Tell yourself you can get through this stressful moment.
- Take a few deep breaths and think of something peaceful.



#### Find support

- Call or email friends or family.
- Meet a neighbor for coffee.
- Volunteer for a charity to help you gain perspective on your life.



#### Get moving

- Find an activity you enjoy and do it often.
- Take a walk outside.
- Pick up a new hobby.



#### Enjoy life

- Go out with friends.
- Listen to music.
- Take time for personal interests.

