

# STRESS



Stress is something everyone feels at times.

It is the body's reaction to feeling threatened or under pressure. It's very common, can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

Too much stress can affect our mood, our body and our relationships, especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

Stress is not always easy to recognize, but there are some ways to identify some signs that you might be experiencing too much pressure. Sometimes stress can come from an obvious source, but sometimes even small daily stresses from work, school, family, and friends can take a toll on your mind and body.

If you think stress might be affecting you, there are a few things you can watch for:

**Psychological signs** such as difficulty concentrating, worrying, anxiety, and trouble remembering

**Emotional signs** such as being angry, irritated, moody, or frustrated

**Physical signs** such as high blood pressure, changes in weight, frequent colds or infections, and changes in the menstrual cycle and libido

**Behavioral signs** such as poor self-care, not having time for the things you enjoy, or relying on drugs and alcohol to cope.

# Ways to reduce stress



## Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.



## Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.



## Plan ahead

Planning out any upcoming stressful days or events, a to-do list, the journey you need to do, things you need to take can really help.



## Practice Mindfulness

Mindfulness is the practice of becoming more fully aware of the present moment, non-judgmentally and completely rather than dwelling in the past or projecting into the future



## Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.



## Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.



## Challenge your thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

Stress reducing activities  
that work for me.

Stress reducing activities  
I am going to try.