

STOP ! Don't get stuck living with too much stress

Sometimes you may not feel stresses, but your body shows signs that you need to relax.

Signs of Stress

Pay attention to these signs

- Headaches
- Back pain
- High blood pressure
- Frequent sickness
- Unusual weight loss/gain
- Moodiness
- Feelings of depression
- Stomach aches
- Fatigue
- Difficulty sleeping
- Cold sores

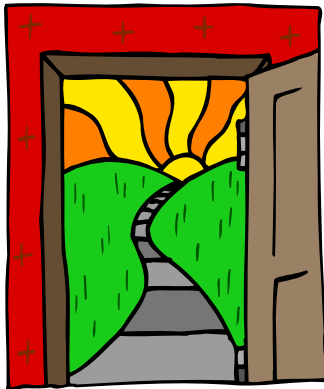
Effects of Stress

Stress can affect you physically, emotionally, mentally & socially

- Lack of concentration
- Neglecting yourself
- Crankiness
- Lashing out at people
- Forgetfulness
- Neglecting children, family & friends
- Short temper
- Negative thoughts
- Disorderly home environment

..... GO! Open the Door to Change

You can reduce & manage the effects of stress. The following suggestions may help you reduce the level of stress in your life.....



- **Make a "to do" list** to eliminate clutter in your mind
- **Exercise** (you can burn off chemicals that build up during stress)
- **Learn to say "NO"**
- **Find an activity or hobby** that gives you a healthy escape
- **Let go of disappointment**
- **Develop a deeper meaning for life**
- **Talk over things with a good friend or trusted counsellor**
- **List what will HELP you or HINDER** you in reducing the effects of stress...

Help _____

Hinder _____

