Coping With Stress

Identify And Choose Options To Manage Stress

What is stress and how does it affect us?

- Every day people feel stressed.
- Stress can cause emotional and physical symptoms in our bodies.
- In order to manage stress, people must:
    - Identify what is causing the stress (e.g., are you frequently paying bills late and/or are you not on time for meetings and appointments?);
    - Identify what behaviours and attitudes you demonstrate when dealing with stress (e.g., are you often irritated? Do you make excuses? Do you feel intolerable to others? Are you always tense?).

Tips for managing stress

- Learning to incorporate time management principles helps reduce stress. Take the time to stop, breathe, and reflect. Choose appropriate actions to deal with stress when it feels overwhelming.
- Develop time management skills. Plan your schedule so you have enough time to complete tasks. This will reduce feelings of being rushed and anxious.
- Remove unnecessary stress by learning to say 'No.' Limit the time you spend with individuals who cause you stress.
- Do not bottle up your stress. Express your feelings and emotions. This will help improve the situation and make you more willing to compromise.
- Exercise regularly. Being healthy and active helps eliminate physical feelings of stress.
- Maintain a healthy, balanced diet. Reduce caffeine and sugar intake; avoid cigarettes and alcohol.
- Don't try to go at it alone. You can build a support network and connect with others who are positive. This will help you battle the negative feelings of stress and improve your quality of life.

Something to think about…

Deal with the stressors in your life. Contact the HealthLine by phoning 811 or online at www.health.gov.sk.ca/healthline **for further information regarding stress management.**

Contact your local housing authority for more information