

STRESS:

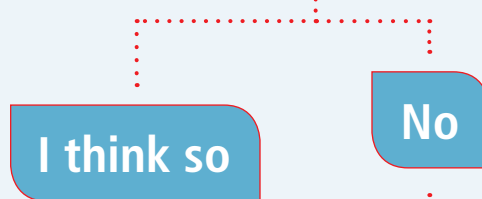
What Can You Do About It?

Am I stressed out?

Some symptoms of being stressed include feeling anxious, constantly irritated, unmotivated, overwhelmed, fatigued, and having trouble sleeping.



Can I reduce what's causing my stress?



Reducing Stressors

When stress starts to build up, the ideal solution is to reduce the amount you're exposed to

What are my options?

- Solve the problem
- Build knowledge or skills
- Reduce exposure
- Change my behaviour and/or my reactions
- Create boundaries
- Become more organized

Coping with Stress

Some stress cannot be completely reduced. There are two main parts to coping:

- Being able to tolerate stress when it's happening
- Recovering and bouncing back when the stressful situation is over

What strategy works best for your situation?

- Change the way you think
- Reach out for support
- Learn new coping strategies
- Make lifestyle changes
- Seek professional help

Most people need to use both types of strategies to manage their stress at various times. Strong Minds Strong Kids, Psychology Canada can help you, visit us at: strongmindsstrongkids.org and/or stresstrategies.ca