

## Stress Management

### What Are the Signs of Stress?



Physical symptoms: upset stomach, headache, fast heartbeat, being tired, constipation, trouble sleeping, diarrhea, backaches, and heartburn.

Mental symptoms: trouble paying attention to things, hard time making decisions, forgetfulness, making a lot of mistakes, repeating thoughts.

Behavioral symptoms: crying, sleeping more or less than normal, arguing often, loss of appetite or overeating, drug or alcohol use.

Emotional symptoms: anger, irritability, being moody, depression, preoccupation--worrying and being anxious, and forgetfulness.

### What Are the Causes of Stress?

Stress is most often caused by changes or problems in the following areas:

- Work
- Home and family
- Health
- Personal and social life
- Finances



## What Can You Do About Things That Cause Stress?

- Take control of yourself and your actions.
- Learn to “let go” of things which are outside of your control and learn to adapt to changes.
- Find time for self-care – such as exercise, good diet, doing something fun.
- Seek help from a financial counselor.
- Seek help from a behavioral health counselor.
- Discuss the problem with the people involved.



### Tips for Taking Charge of Stress

**Control:** Focus only on the things you can control. Be patient. Be sure what you expect is reasonable and take steps to solve the problem.

**Time Management:** Prioritize your activities. Decide what you really need to do in your life. Learn to say “No.”

**Support:** Seek support, help, fun, and love from family, friend, faith groups or service agencies.

**Personal Health:** Practice positive health habits. Be active. Eat healthy food and get enough sleep.



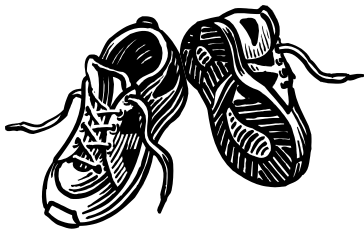
**Balance and Connection:** Find meaning in your life. Spend time with family, friends, yourself, work, church and volunteer groups.

**Direct Action:** Think about ways to solve a problem. Pick the one you like best and do it.

**Adapt:** Life requires that we be flexible, able to deal with change and adjust to new ideas and ways of doing things.

**Self Esteem:** Talk yourself out of negative thoughts. Be your own coach and believe in yourself.

**Positive Outlook:** Choose to view your world with hope. Look for the good in every situation.



**Assertiveness:** Learn to speak for yourself about your feelings and needs.

**Compassion:** Try putting yourself in the other person's shoes. Forgive, forget and move forward.