



Coping with Stress

Stress is caused by outside pressures which make us tense, anxious or depressed. Some stress is a normal part of daily life, but too much can make you miserable, worried or ill.

Causes of stress include, personal loss, a major illness or injury, changes in your lifestyle, job, money or family.

Anxiety is a worried, uptight feeling. Signs of anxiety include nervousness, trembling, dizziness, inability to relax, abnormal eating habits, troubled breathing or pounding heart. Some anxiety is a natural response, but prolonged anxiety can lead to ulcers and high blood pressure.

Depression is a feeling of sadness or disappointment. Signs of depression include fatigue, inability to concentrate, boredom, lack of interest in food or sex, and feelings of worthlessness or hopelessness. Some depression is normal, but prolonged depression can cause headaches, weight loss or may lead to drug or alcohol abuse or suicide.

Tips on how to cope with stress:

1. Talk to a person you feel comfortable with.
2. Curb over-competitiveness, adjust your goals and priorities.
3. Keep physically active, take breaks, and go on small vacations.
4. Get enough sleep and rest.
5. Get rid of bottled-up anger and frustration through exercise or some sort of physical activity or hobby.
6. Put humor in your life, learn to laugh at yourself, enjoy humorous events.
7. See your doctor for a check-up.
8. Whenever possible, plan your work or activities to avoid too many big changes coming at the same time.
9. Self-medication is dangerous. Do not take drugs unless prescribed by your doctor.
10. Get help from a mental health center, your family doctor, other professionals such as clergy, your employer or school advisor or your local mental health association.

Source: Information taken from National Institute of Mental Health materials.