



# I'm coping with stress



A certain amount of stress is useful to us:

It keeps us going, providing us with the stamina to get through stressful situations.

But prolonged exposure to stress can be bad for us.

Stress is our body preparing to cope with a particular situation.

## Recognising Stress:

Does this sound familiar?

Tense?

Irritable?

Can't cope?

Can't be bothered?

Tearful?

Can't sleep?

No time?

No energy?

Drinking or smoking more?

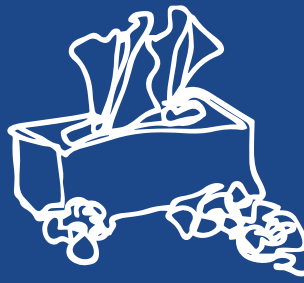
Then you may be experiencing stress.

Making the most of yourself...



# Stress

Help yourself and learn to cope with stress?



Some of the things that can cause us stress (stressors) are; job demands, relationship difficulties, financial difficulties, exams, interviews, daily hassles or simply being too busy. A physical injury or illness can create stress on top of other emotional difficulties.

## Coping with stress

- Talk to someone.
- Use available support mechanisms.
- Exercise & eat well.
- Reduce caffeine and alcohol.
- 'Me' time.
- Problem solve - focus on what you can change.
- Identify what it is that may be causing you stress.
- Organise, prioritise and be assertive.
- Take lunch breaks and holiday entitlements.
- Relaxation, complimentary therapies.
- Notice and challenge any unhelpful thinking.



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