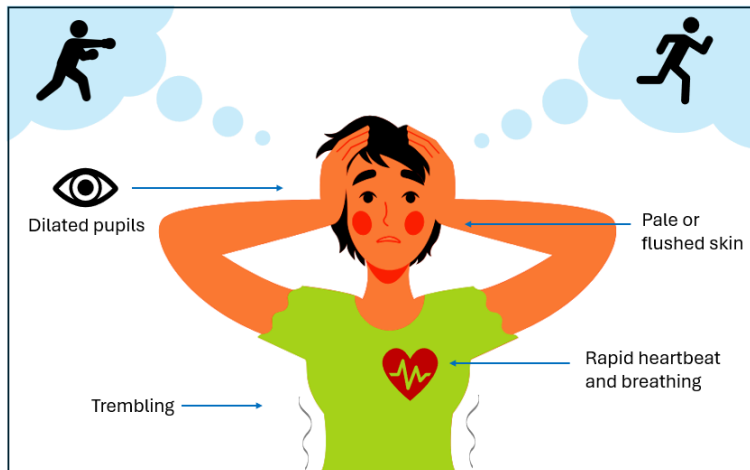




Understanding Our Stress

It is important that we try to manage our stress before it becomes a long-term problem. The first step is to become aware of the signs of stress. Ask yourself: What are my typical sources of stress? Do I notice any patterns? Check the symptoms of stress that you experience.

- Hostility
- Resentment
- Headaches
- Backaches
- Ulcers
- Muscle spasms
- Sleeping too much
- Depression/sadness
- Drinking/drug use
- Irritability
- Fear/worries
- Neck aches
- Skin rashes
- Anger
- Low energy
- Muscle tension
- Indigestion
- Constipation
- Tics
- Over-eating
- Low self-esteem
- Chronic diarrhea
- Insomnia
- Physical weakness
- Withdrawal from others
- Poor memory/concentration



Long-term stress is associated with poor self-care and unhealthy behaviors, health problems, and mental health disorders such as depression and anxiety.

Activities that help us manage stress



Being active, eating well and getting enough sleep



Enjoying hobbies and pleasurable activities



Practicing relaxation activities



Connecting with family, friends, co-workers and neighbors