

# Stressed?



## What are the Signs of Stress?

**BEHAVIORAL SYMPTOMS:** Changes in eating habits, drug or alcohol use, changes in sleep habits, withdrawing from others, isolating oneself.

**EMOTIONAL SYMPTOMS:** Mood changes, crying, anger, irritability, forgetfulness, depression, nervousness, anxiety, loss of enthusiasm or energy.

**PHYSICAL SYMPTOMS:** Headache, rapid heartbeat, muscle tension and aches, being tired, heartburn.

## When should I seek help:

If you experience some or all of these signs of stress, and they persist, it may be time to seek help.

- Constantly overwhelmed
- Strained relationship
- Poor work performance
- Overly emotional
- Headaches/Backaches
- Insomnia
- Rise in blood pressure
- "Little things" set you off frequently
- Fatigue

## What can I do to help control my stress?

- **BE REALISTIC IN YOUR GOALS** – Goals matter. Setting the right goals, having a plan to reach those goals, and following through on what is required to reach or maintain those goals can help with your stress levels.
- **DISCUSS THE PROBLEM WITH THE PEOPLE INVOLVED** – Taking the time to communicate effectively builds trust, better understanding, cooperation, harmony, more effective teamwork and problem solving.
- **FIND TIME FOR SELF-CARE** – Exercise, eat a good diet, take a breather and get plenty of rest.
- **PRACTICE MEDITATION** – Spending a few minutes in meditation can ease the day's worries.
- **PREPARE TO THE BEST OF YOUR ABILITY FOR POTENTIALLY DIFFICULT EVENTS.**
- **TALK TO YOUR HEALTHCARE PROVIDER** – If you're unable to control your worries, and stress is impacting your daily life, talk to your primary care provider about ways to manage stress and anxiety.

- **SEEK HELP FROM A BEHAVIORAL HEALTH COUNSELOR** – This form of therapy focuses on current problems and how to cope with them.
- **SEEK HELP FROM A FINANCIAL COUNSELOR** – Recognize the point at which worrying about your finances progresses into stressing about your finances in an unhealthy way.
- **TAKE CONTROL OF YOURSELF AND YOUR ACTIONS** – Many things in life are beyond our control - particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- **LEARN TO SAY NO** – This is called creating boundaries which allows more freedom for us. We allow ourselves the opportunity to do the things that we really enjoy instead of pushing through the things that we really don't like.

National Suicide Prevention Lifeline: **1-800-273-8255**

National Crisis Text Line: **Text CONNECT to 741741**  
in the United States.



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