

COPING WITH STRESS



Stress isn't necessarily bad, but too much stress can start to take a toll on health and well-being. Here are a few tips to help you manage stress:

Focus on what you can do

There is usually *something* you can do to manage a stressful situation, even if it won't solve the problem right away. Resist the urge to give up or run away.

Seek support

Other people can be very helpful, especially when you feel like you can't cope on your own! Family, friends, co-workers, and health professionals can all be important sources of support.

Focus on the positives

Dwelling only on the negative part of a situation can make a solution feel impossible and can take away your motivation to make things better. Problem-solving can help you look at situations in a more balanced way. Visit www.heretohelp.bc.ca/wellness-modules for more on problem-solving.

Take care of yourself

Good self-care is very effective for stress, but is often the first to disappear when we're stressed. Self-care strategies might include eating well, getting enough sleep, making time for regular exercise, and relaxation techniques like yoga.

Take care of your relationships

Other people may be affected by your stress. They might also be the cause of your stress. If you have trouble saying no, try practicing assertiveness. Assertiveness means that you express your needs without hurting others.

Consider spiritual practices that fit your beliefs

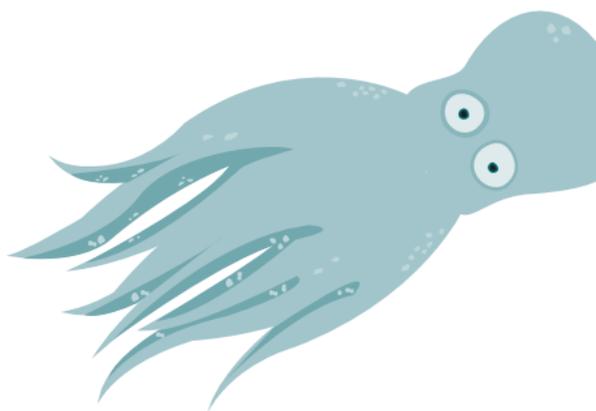
People who engage in spiritual practices often experience lower levels of stress and distress.

Accept that you can't always change something

Acceptance may help manage distress or grief. This can be a very challenging process, so give yourself time and patience.

Distract yourself

It's a perfectly reasonable tool to manage short-term stress that you can't control. Distraction can be a problem when it's used to avoid taking action on things you're responsible for or can control.



To learn more about managing and stress and take a stress quiz, find the Stress and Well-Being Wellness Module at www.heretohelp.bc.ca/wellness-modules