



Share your feelings.
A chat with a friend lets you know that you aren't the only one having a bad day. Stay in touch with friends & family. Let them provide love, support & guidance. Don't try to cope alone.



What Is Stress?

Stress is a feeling that people have when they are overloaded and struggling to cope with various demands from life . You can experience stress from your environment, your body, and your thoughts.

SEWA-AIFW

24/7 CRISIS LINE

952.912.9100

Talk It Out: Mental Health Consults
counseling@sewa-aifw.org

3702 E Lake Street, Suite 300
Minneapolis MN 55406
763.234.8301 | sewa-aifw.org



@sewaaifwmn

National Suicide Prevention Hotline
1-800-273-8255

Content Modified from www.nams.sg
& mentalhealthamerica.net



Stress Management

m DEPARTMENT
OF HEALTH

Recognize Stress

What Causes Stress

Personal Life - Divorce, Death or Family Illness, Financial Troubles, Major Life Changes

Environment - Weather, Traffic, Crowds, Noise

Work - Deadlines, Conflicts, Handling Multiple Projects, Job loss

Signs of Stress

Physical Signs - Allergies, Headaches, Rise in Heart Rate, Back Pain, Stomachaches, Digestion Problems, Restlessness, Sleep Problems, Change in Appetite, Problems Concentrating

Emotional Signs - Irritability, Anxiousness, Moodiness, Depression, Negative Thoughts

AVOID ALCOHOL & DRUGS

Using alcohol or drugs will not solve your problem, it will only make it worse and create further problems.

Manage Your Stress

Time Management

Find balance by managing time efficiently & prioritizing tasks. Take one thing at a time.

Be Realistic

Set realistic and achievable goals so you don't get discouraged. Learn to say no.

Think Positive

Don't expect too much of yourself & others. Try not to feel frustrated or disappointed when you feel you or another person does not measure up.

Exercise & Healthy Habits

Physical activity gives you an outlet and endorphins to help relax you.

Practice Relaxation Skills

Deep-breaths, meditation, visualization, listening to music, journaling, doing yoga.

Find A Hobby

Develop a hobby like art or cooking that will take your mind off stressful events.

Schedule meaningful and enjoyable activities and stick with it.

Give in occasionally.

Be flexible! If you're in constant opposition rethink your position or strategy.

Ask For Help

Stop trying to be a superwoman or superman, it is okay to ask for help.

Laugh

Find a way to laugh each day.

Ask Yourself

List the things which cause stress and tension in your life.

How does this stress and tension affect you, your family and your job?

Can you identify the stress and tensions in your life as short or long term?

Do you have a support system of friends/family that will help you make positive changes?

What are your biggest obstacles to reducing stress?

What are you willing to change or give up for a less stressful and tension-filled life? What have you tried already that didn't work for you?

If you do not have control of a situation, what is the next step you need to take to live a healthier life?

STAY CONNECTED

It always helps to talk with someone who cares about you and your health.

- Friends and Family
- Coworkers
- Counselors
- Support /Community Groups