



## **How to handle stress**

### **What is stress?**

- stress is what you feel when you have to handle more than you are used to
- some stress is normal
- too much and too long can make you sick!

### **Causes of stress**

- jobless, unhappy with your job, not sure about the future
- not getting along with family, co-workers
- traffic, weather
- life events: present or past
- language
- limited money

### **What are your signs of stress?**

- overwhelmed
- uncomfortable
- angry
- inefficient
- guilty
- tired
- upset...etc.

### **Common signs of stress**

- under or over eating
- under or over sleeping
- using alcohol or drugs
- feeling tired
- finding it hard to focus
- feeling anxious or worried

### **How to keep stress low?**

- 1. Breathe to calm down**
- 2. Have fun: jokes, funny memories**

### **3. Get active outdoor**

### **4. Have healthy hobbies**

- biking
- dancing
- knitting
- music (libraries)
- photography
- reading (libraries)
- sewing
- walking
- yoga (recreation centres)

### **5. Take breaks to have energy**

- mini breaks (5 to 10 min here and there)
- midi breaks (hobby time throughout the week)
- maxi breaks (vacation 1 to 3 times a year)

### **6. Eat well**

- use Canada Food Guide
- increase vegetables and fruits
- take vitamin D
- reduce the use of sugar, salt and fat
- get help with tobacco, alcohol or drug use

### **7. Sleep well**

- the place (T°, light, noise...?)
- the day (nap time?)
- the foods & drinks?
- your mind (relaxed?)

### **8. Talk to others**

- family & friends
- our community
- professionals