



How we perceive a stress-provoking event and how we react to it determines its impact on our health. By understanding our reactions to stress-provoking situations, we can learn to handle stress more effectively. The key to reducing stress is to identify the sources of stress and finding ways to avoid them or reduce their impact.



How to Cope with Stress

Are there too many demands and pressures on you? Losing sleep? Worrying? Eating on the run because your schedule is just too busy? You are not alone. Everyone experiences stress at times; adults, teens and kids. Stress is a normal part of life that can help us learn and grow. However, stress can also cause significant problems.

What Changes May Be Stressful

Any sort of change can make you feel stressed, even good change. It's not just the change or event itself, but also how you react to it that matters. For example, one person may feel stressed by retiring from work, while someone else may not. Other things that maybe stressful include being laid off from your job, death of a spouse, divorce, illness, an injury, money problems, moving or having a baby.

Signs of Stress Overload

People experiencing stress overload may notice some of the following signs:

- Anxiety or panic attacks
- A feeling of being constantly pressured and hurried
- Feeling irritable and moody
- Physical symptoms such as stomach problems, headaches, chest pains, allergic reactions
- Problems sleeping
- Drinking alcohol, smoking, overeating or taking drugs
- Sadness or depression

Things You Can Do

How to keep stress under control. What you can do to deal with stress or avoid it in the first place:

- Don't over schedule yourself
- Get a good night's sleep
- Learn to relax
- Treat your body well
- Solve the little problems
- Keep a positive outlook
- Avoid excess caffeine and other stimulants

For more information on counselling services see fact sheet on Counselling for Individuals and Families.

Visit:

www.cmha.ca/english/coping-with-stress/

www.hc-sc.gc.ca/iyh-vsv/life-vie/stress_e.html



How to

Cope with Stress



Where to Find Help

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| NorWest Community Health Centres <i>525 Simpson St.</i> <i>www.norwestchc.org</i> | 622-8235 |
| Thunder Bay Regional Health Sciences Centre <i>980 Oliver Rd.</i> <i>www.tbrhsc.com</i> | 684-6000 |
| Thunder Bay District Health Unit <i>999 Balmoral St.</i> <i>www.tbdhu.com</i> | 625-5900 |
| St. Joseph's Care Group <i>St. Joseph's Health Centre</i> <i>710 Victoria Ave., E.</i> <i>www.sjcg.net</i> | 624-3400 |
| Thunder Bay Counselling Centre <i>544 Winnipeg Ave.</i> <i>www.tbaycounselling.com</i> | 684-1880 |
| Canadian Mental Health Association <i>200 Van Norman St.</i> <i>www.cmha-tb.on.ca</i> | 345-5564 |
| Crisis Response Program <i>(Emotional Distress/Suicide Prevention)</i> | 345-5564 1-888-269-3100 |
| Telehealth Ontario <i>(Nurse on call 24 hours)</i> | 1-866-797-0000 |