

STRESS:

What Can You Do About It?

Am I stressed out?

Some symptoms of being stressed include feeling anxious, constantly irritated, unmotivated, overwhelmed, fatigued, and having trouble sleeping.

Yes

No

Great to hear!

Take a few deep breaths and find healthy ways to relax.

Can I reduce what's causing my stress?

I think so

No

Reducing Stressors

When stress starts to build up, the ideal solution is to reduce the amount you're exposed to

What are my options?

- Solve the problem
- Build knowledge or skills
- Reduce exposure
- Change my behaviour and/or my reactions
- Create boundaries
- Become more organized

Coping with Stress

Some stress cannot be completely reduced. There are two main parts to coping:

- Being able to tolerate stress when it's happening
- Recovering and bouncing back when the stressful situation is over

What strategy works best for your situation?

- Change the way you think
- Reach out for support
- Learn new coping strategies
- Make lifestyle changes
- Seek professional help

Most people need to use both types of strategies to manage their stress at various times.

The Psychology Foundation of Canada can help you, visit us at:
psychologyfoundation.org and/or stresstrategies.ca

