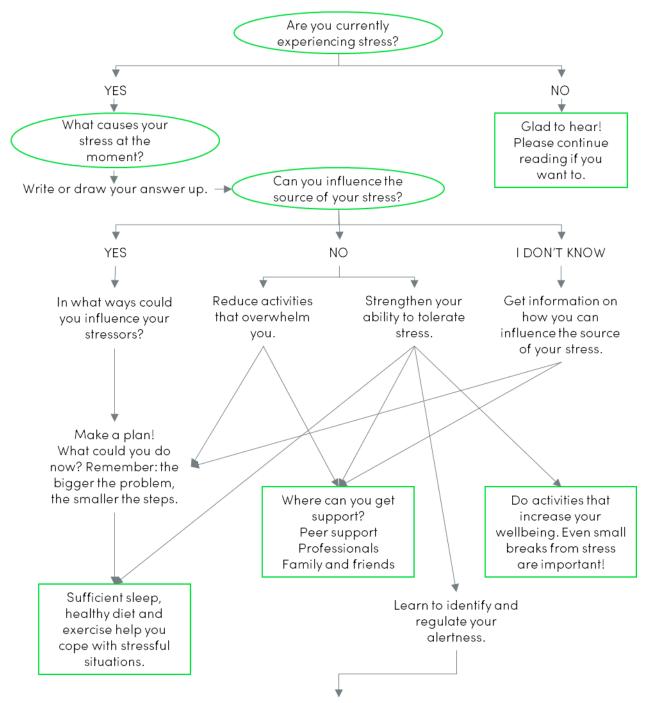# Stress

Everyone experiences stress. Stress has evolved for people to cope with being overdriven, to access more resources when burdened. Excess or ongoing stress can cause multiple issues and affect the quality of life. Stress can develop from various different reasons such as sudden lifestyle changes, passed experiences and sometimes things beyond our control. Everyone reacts to stress differently.

Are you currently experiencing stress?

YES → **What causes your stress at the moment?**

Write or draw your answer up. → **Can you influence the source of your stress?**

NO → Glad to hear! Please continue reading if you want to.

YES → In what ways could you influence your stressors?

NO → Reduce activities that overwhelm you. · Strengthen your ability to tolerate stress.

I DON'T KNOW → Get information on how you can influence the source of your stress.

Make a plan! What could you do now? Remember: the bigger the problem, the smaller the steps.

Where can you get support?
Peer support
Professionals
Family and friends

Do activities that increase your wellbeing. Even small breaks from stress are important!

Sufficient sleep, healthy diet and exercise help you cope with stressful situations.

Learn to identify and regulate your alertness.

A stressed person is often constantly in an overdriven mode. For example this can occur as anxiousness or even physical reactions such as increased heart rate or rapid breathing. A person can also isolate themselves from society and feel overwhelmed by social situations.

When you recognize any of these symptoms, try steadying your breathing by inhaling and exhaling a few times. Anxiousness decreases as the breathing calms down. You can also try meditation or calming exercises: goo.gl/WEKK2Y

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