



This month we are focusing on stress management!

Stress management refers to the strategies that help you deal with the most difficult situations in your life that creates stress. Management of stress is important for a more balanced and healthier life.

Tips for Stress Management

- Focus on ONE thing at a time.
- Accept the things you CANNOT control.
- Try and keep a POSITIVE attitude.
- Make time for things that INTEREST you.
- Seek out SUPPORT.

Stress is a normal psychological and physical reaction to the demands of life.



When you're stressed, the last thing you probably feel like doing is getting up and exercising. But physical activity is a huge stress reliever!

STAY ACTIVE!



MASTER STRESS

- | | |
|-----------------------------|---|
| Maintain healthy eating | Start journaling |
| Avoid social isolation | Take deep breaths |
| Stay informed, not obsessed | Rest and sleep well |
| Talk to others | Engage in gratitude |
| Engage in mindfulness | Step outside into nature |
| Relax, play, exercise | Seek support from friends, family, and professionals* |

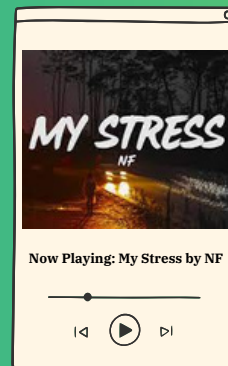
Start a Stress Journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Try tracking things like:

- What caused your stress (make a guess if you're unsure).
- How you felt, both physically and emotionally.
- How you acted in response.
- What you did to make yourself feel better.



Contact your Community Support Coordinator
506-866-8558
Mon-Fri 8:30-4:30
Brooke Oulton



YOUR DIET IS DIRECTLY TIED TO STRESS MANAGEMENT

Eating a healthy diet can reduce the negative effects of stress on your body

Certain foods are high in nutrients like vitamins C, B6, and E that help bolster our immune system to offer extra protection during stressful times. Some examples include: citrus fruits, dark leafy green vegetables, bell peppers, and garlic.



Cut out unhealthy ways of dealing with stress

- Smoking, drinking too much, or using drugs to relax.
- Bingeing on junk or comfort food.
- Zoning out for hours in front of the TV or phone.
- Withdrawing from friends, family, and social activities.
- Sleeping too much.
- Filling up every minute of the day to avoid facing problems.
- Procrastinating.
- Taking out your stress on others (lashing out, angry outbursts, physical violence).



Evaluate whether you can change the situation that is causing you stress, perhaps by dropping some responsibility, relaxing your standards, or asking for help. 😊