

For further assistance phone the Citizens Advice Bureau on (03) 3666490. Also see the Personal Help Services section in the front of the phone book.

Pamphlets Available in **This Series**

Understanding ...

Anger
Bereavement
Conflict
Decision Making
Depression
Disaster
Loneliness and Friendship
Self-Esteem

Canterbury

District Health Board

Te Poari Hauora o Waitaha

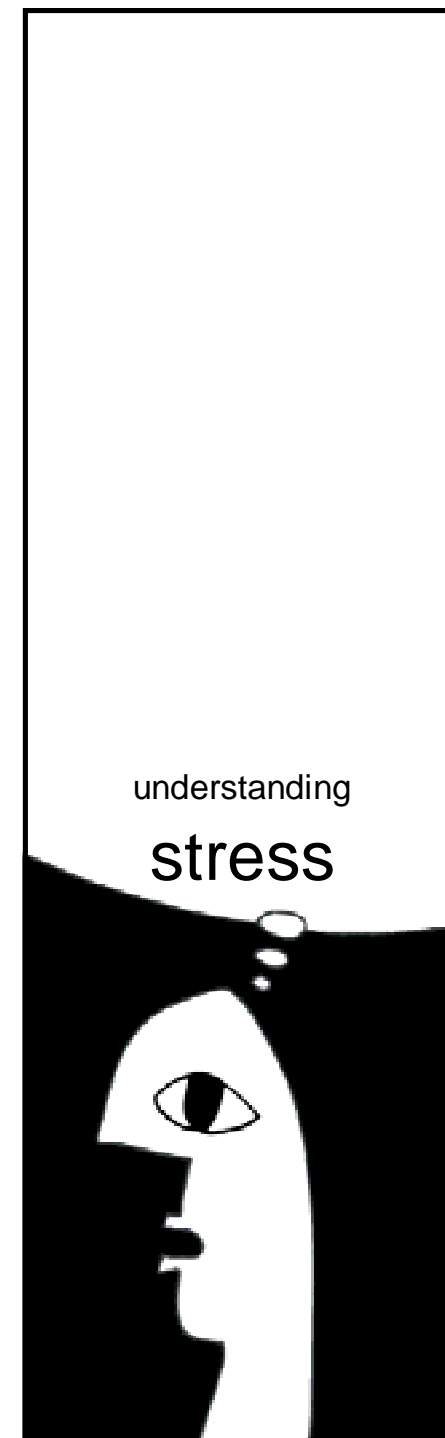
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Community & Public Health
(A Division of the Canterbury District Health Board)

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Stress

Stress arises from demands of

- life changes
- environment changes
- social events
- new ventures
- workplace, etc

Stress affects body and mind

Some stress is good

- it helps us succeed
- it gives us excitement

Too much stress makes us

- incompetent
- tired
- ill

Everyone reacts differently to similar situations. Each has his own need and limit to stress.

Signs of Distress

Feelings of

- knotted stomach
- exhaustion
- chest pain
- want to give up
- can't stop working, etc
- anxiety
- difficulty with sleep

... resulting in

- loss of concentration
- irritability
- high blood pressure
- loss of appetite
- disregard for self
- fidgeting
- headaches
- work mistakes
- sore throats

Distress comes from

- too many changes
- sudden change
- little energy to cope

Causes of Stress

Physical

- threatening environment
- occupational discomfort
- prolonged or strenuous activity, eg:
 - sports
 - gardening
 - building
 - lifting
 - noise, etc

Emotional

- social changes
- losses and grief
- changes in:
 - living patterns
 - family structures
 - personal commitments
 - finance and security
- situations which are difficult, causing:
 - boredom
 - frustration
 - anger
 - excitement, and
 - uncertainty

Say No

Say "NO" to what is happening to you and begin to take control of and for yourself. Learn to give a friendly "NO" to requests from others.

Talk

Talk things over with someone - sometimes it can be an understanding friend, but it can also be a stranger or a professional.

Relax

To overcome tension, teach yourself to relax (eg massage, meditation) and have daily recreation (eg walking, hobby).

Exercise

The tension can also be worked off by playing a sport or gardening. Also, develop good eating and rest habits.

Seek the Cause

Don't just deal with the superficial issues. Seek advice. Expose the major cause. Get a good overview of what is happening.

Support

Support from friends and family is most important. Get professional advice also, from a minister, social worker or doctor.