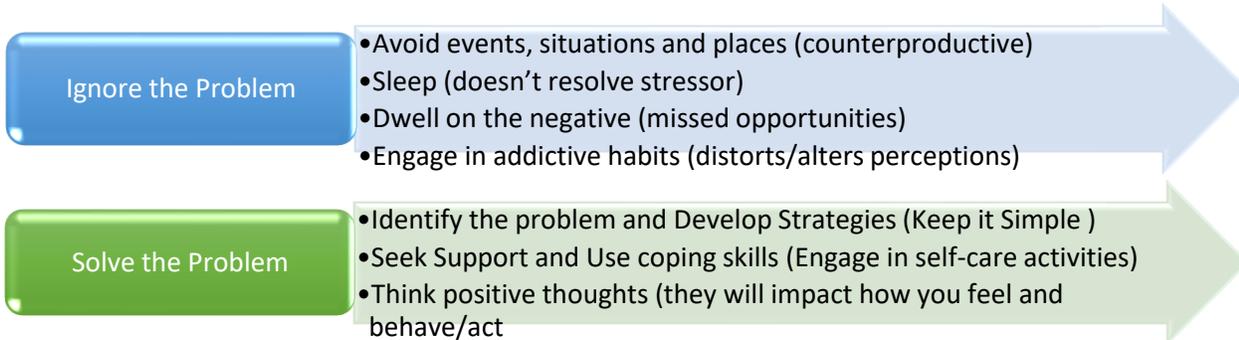




Stress Management

What is stress and how do emotions affect our wellbeing?

Stress is a normal part of everyone's daily life. In the short term, a little bit of stress can be helpful and motivate us to get an assignment done or get to school on time. In the long-term, however, stress can be very dangerous to our health and wellbeing. When long term stress is not dealt with it can lead to mental and physical issues such as headaches and anxiety. This is why it is important to understand what stress is and how to cope with it so that we can lead a healthy lifestyle. When stressed we can :



Coping with stress start with knowing the signs, symptoms and causes. Some of the physical symptoms include headaches, fatigue and muscle tension. Some of the non-physical signs include social withdrawal, increased use of caffeine, cigarettes, alcohol or other drugs, moodiness and trouble concentrating (CAMH). These long-term stress symptoms occur for many different reasons. These reasons can include; the person does not have a good support system, they have trouble dealing with uncertainty and struggle with emotion regulation. Real or Perceived Threats that create stress may include: External Factors (events, situations or the environment) or Internal Factors (emotions, expectations, beliefs).

How to stay in Check

There are many methods and techniques used for stress management by different types of people. Most experts agree that the best way to manage stress is to change your perspective on it. Studies have shown that people who see stress as a problem are more likely to face long term consequences to their health. Meeting a challenge with the perspective that it is too much to handle will make your body react to the situation as if it was under attack (Psychology Today).

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/stress>, <https://www.psychologytoday.com/ca/basics/stress> , <https://www.psychologytoday.com/intl/blog/get-out-your-mind/201806/how-deal-stress>

