



Factsheet & Activity

Don't Stress, Worry Less!

Wellness Partner

Impact Partner



DON'T STRESS WORRY LESS

Stress is something everyone has experienced in their lives. An adequate amount of stress can be motivating, giving us that extra push to complete a task, but when stress levels are too high, it can make the smallest tasks seem daunting!

What is Stress?

1. A feeling of being tense, overwhelmed, worn out, or exhausted.
2. Resulted from the accumulation of many small hassles or from major life changes/ long-term problems
3. A little bit of stress can be healthy as it keeps us alert and productive. However when we experience too much stress, it can result in serious physical, emotional, and behavioural symptoms.

2 Types of Stress

	Acute Stress	Chronic Stress
Sensation	Brief but intense	Long lasting
Symptoms	Sweating, irritability, and headaches, more disruptive in the moment	May run higher risk for mental and physical health problems
Stressors Examples	Giving a speech, getting into an argument, studying for an exam	Difficult job, an unhealthy relationship with frequent arguing, financial difficulties

WARNING

Symptoms may not be as intense in the moment, but the long-term effects are more severe.

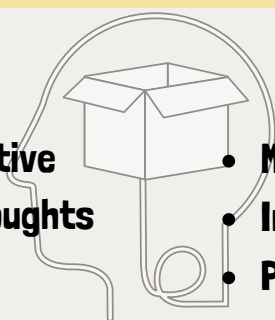
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Do you think you're stressed? Complete the following symptom checklist!

Cognitive Symptoms

- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Memory problems
- Inability to concentrate
- Poor judgement



Emotional Symptoms

- Moodiness
- Irritability or short term
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness



Physical Symptoms

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heartbeat
- Frequent colds



Behavioural Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating
- Using substance (alcohol, cigarettes, or drugs) to relax
- Nervous habits (nail biting, pacing)



ENJOY SOME DEEP RELAXATION...

If you have checked most of the symptoms list, chances are you may be experiencing stress overload! Practice the exercises below to activate your relaxation response!

What is relaxation response?

It is your personal ability to encourage your body to release chemicals and brain signals that make your muscles and organs slow down, and increase blood flow to the brain.

Activating your relaxation response when your body is undergoing stress can help counteract many symptoms of stress! Imagine a driving car, when you're at the height of the fight-or-flight response, you are speeding ahead, much too fast. Putting your foot on the brake is similar to using relaxation techniques to trigger the relaxation response.

ENJOY SOME DEEP RELAXATION...

Aside from the diaphragm breathing you've learnt on the video, try the progressive muscle relaxation (PMR) below, this process will teach you to recognize what tension feels like, and practice releasing that tension from your muscles!

How to Use Progressive Muscle Relaxation:

1. Sit back or lie down in a comfortable position.
2. Close your eyes if you're comfortable doing so.
3. Beginning at your feet, notice how your muscles feel. Are they tense, or relaxed?
4. Tightly tense the muscles in your feet by curling your toes. Hold the position for 5–10 seconds.
5. Release the tension from your feet, and allow them to relax.
6. Notice how different the states of tension and relaxation feel.
7. Move up your body, repeating the cycle of tensing and relaxing each group of muscles.
8. Be sure to practice on the following groups of muscles: Legs, pelvis, stomach, chest, back, arms, hands, neck and face.
9. Practice daily. PMR does not have to be used "in the moment" because its positive effects are long lasting, but it should be used regularly.

Please contact a mental health professional if you need more support

Wellness Partner Impact Partner





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