

# Stress & Coping Fact Sheet

## What Is Stress?

Stress is your body's natural response to any demand or challenge. It can be caused by both positive events (like a new job) and negative ones (like illness or conflict). While occasional stress is normal, chronic stress can affect your health, mood, and behavior.

## Signs of Stress

- Feeling overwhelmed or anxious
- Fatigue or trouble sleeping
- Irritability or mood swings
- Headaches or muscle tension
- Upset stomach or digestive issues
- Changes in appetite
- Withdrawing from others

## Common Causes

- School or work pressure
- Relationship problems
- Financial difficulties
- Health concerns
- Major life changes
- Feeling lack of control

## When to Get Help

Reach out for help if stress is:

- Affecting your ability to function
- Persistent over several weeks
- Leading to harmful behaviors or thoughts
- Interfering with sleep, school, or relationships

## Healthy Ways to Cope with Stress

### 1. Deep Breathing & Relaxation Techniques

Try box breathing, meditation, or progressive muscle relaxation to calm your body.

### 2. Physical Activity

Exercise releases feel-good hormones like endorphins. Aim for at least 30 minutes a day.

### 3. Talk About It

Speak to a friend, parent, teacher, or counselor. Sharing your feelings is a sign of strength.

### 4. Maintain a Routine

Consistent sleep, meals, and downtime help regulate your stress response.

### 5. Avoid Unhealthy Habits

Try not to cope through excessive screen time, junk food, alcohol, or isolation.

### 6. Do What You Enjoy

Take breaks for hobbies, music, nature, or creative expression.

### 7. Seek Professional Support

A mental health provider can help you develop effective strategies.

**You are not alone. Support is available.**

**FOR MENTAL HEALTH HELP OR SUPPORT, CONTACT:**

**MWI (24-HOUR LINE): 239-1111 | RED CROSS: 236-8253**



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Ministry of Health