

Some Healthy Stress Relievers:

- Getting physical exercise
- Meditating
- Sharing feelings with people
you trust
- Finding a relaxing hobby
- Eating well
- Taking a shower or bath
- Getting fresh air
- Living in the present. **Anxiety
often comes from fear of the
future and regrets about
the past.**



Concerned About Someone?

Highlight this brochure and share it
with them.

Offer your help and support.

STRESSED?

Taking one right step after another
solves most problems.

Talk with someone you trust.

**Get professional help
if you need it.**

Everyone needs help and
perspective from time to time.



For Help and Information Contact

HopeWorks
(860) 561-1175
or email us at
hopeworks@snet.net

The American Institute of Stress
www.stress.org

Contributions to HopeWorks

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in order to continue
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Coping with Stress

*"For fast acting relief, try
slowing down."*

Lily Tomlin, Comedian




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*Providing hope and help to
young people and their families
through counseling, education
and community outreach.*



What Can Cause Stress?

Growing up
Trouble in school
Problems with relationships
Demanding academics
Planning for the future
Getting into college
Experiencing a major injury or illness

Underestimating how long things take
Leaving home
Trying to live up to others' expectations
An overloaded schedule

Warning Signs That Stress Maybe a Problem

Feeling helpless, hopeless
and/or depressed*
Experiencing anger towards
friends and family
Being indecisive
Feeling extreme impatience
and/or frustration
Having difficulty
concentrating
Having an "attitude"
Being impulsive
Getting sick often
Experiencing headaches,
stomach aches, hives, nervous
habits and tics, and/or sleep
and appetite disturbance

* See **HopeWorks** brochure "Listening to Depression."

Preventing Problems

1. Don't use recreational drugs or alcohol to try to cope.
2. Make a daily habit of relaxation and breathing fully.**
3. Keep things in perspective - ask, "How important is this really?"
4. Pace yourself - don't overload your schedule.
5. Listen to your body - you may need more sleep and rest.
6. Be gentle with yourself.
7. Make and keep healthy friends.



Think positive!

**When you need it,
ask for help.**

** See **HopeWorks**' brochure "The Gentle Gifts of Meditation."