

What is stress?

I toss and turn in bed.
I can not sleep.
I am upset.
I have no money to pay my bills.
And my best friend is mad at me.
I feel stress.



Stress is a feeling.

Stress can make me feel upset.
I do not know what to do.



Stress can make me sick.
It can make my head, my neck or
my belly hurt.
Stress makes me feel tense.



Stress can make me
do things in an-other way.

- ◆ I may stay at home more.
- ◆ I may start to smoke or drink more.
- ◆ I may get mad at my friends.



How do I get stress?

I make my own stress when:

- ◆ I do too much.
- ◆ I am mad and do not make it better.
- ◆ I am late for work.



I can get stress from things I can not do
much about.

- ◆ I can get stress when I get hurt.
- ◆ I may feel stress when people at work pick on me.
- ◆ I can get stress if I have no money to go out.



It is not good to have
too much stress.

It is not good to have stress
for a long time.



What can I do if I have stress?

Here are some ways to feel better :

- ◆ I can try to fix my problem.
 - I can do it my-self.
 - I can ask a friend for help.
- ◆ I can talk about how I feel.
 - I can talk to friends, or
 - I can meet with a counsellor (coun-se-lor).

A counsellor helps me to sort out how I feel.

- ◆ It is good to think about other things. This happens when:
 - I do things that I like.
 - I see a funny movie.
 - I help other people.
- ◆ I need to take good care of my-self. I can do things such as:
 - eat good food,
 - go to bed on time,
 - work out,
 - relax (re-laks).

To relax is to let go of the stress I feel. I can take a class to learn how to relax.



For copies of this pamphlet, visit
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Stress

What is it?

What can I do if I have stress?

