

# Stress



## What is stress?

Stress is the word that many people use when they are describing how the demands of their life are becoming too great for them to cope with.

## How can I help myself to cope with stress?

Studies have shown that the first step to tackling stress is to become aware that is a problem to you. The next stage is making a plan to take control of the causes and effects of stress.

Here are some practical ways to control stress:

**Holiday** - Try to plan at least one a year with a change in activities and surrounding.

**Open up** - If your relationship is part of the problem. Communication is part of the problem.

**Work** - is that the problem? What are your options? Could you re train? What aspects are stressful? Could you delegate? Could you get more support?

**To beat** - Try to concentrate on the present and not dwell on the past or future worries.

**Own up to yourself** - half the battling is admitting you are stressed

**Be realistic about what you can achieve** - Don't take too much on

**Eat a balanced diet** - Eat slowly and sit down, allowing at least an hour for each meal.

**Action plans** - Try to write down the problems in your life that may be causing stress, and as many possible solutions as you can. Make a plan to deal with the problem.

**Time management** - plan your time doing one thing at a time and building in breaks.

## Can life events cause stress?

Some things that happen in your life can be stressful, particularly life changes. If you have had one or more of the following life events occurring over the last year, you will probably be more likely to be stressed and should take care to avoid further stressors, and try to take extra care of yourself.

- Death of partner
- Divorce or relationship breakdown
- Jail term
- Death of a family member
- Getting married
- Loss of employment
- Health problems
- Pregnancy/Childbirth
- New employment
- High financial commitments
- Major work commitments
- Change in living conditions
- Disagreement with friends
- Minor legal problems
- Problems at work
- Death of a close friend
- Partner begins new job

## What are the signs of stress?

### Physical

- Headaches
- Muscle tension or pain
- Stomach problems
- Sweating
- Feeling Dizzy
- Bowel or bladder problems
- Breathlessness or palpitations
- Dry mouth
- Tingling in body
- Sexual problems
- Tired all the time

### Emotional

- Feeling irritable
- Feeling anxious or tense
- Feeling low
- Lack of interest
- Feeling bad about yourself

### Effects on what you do

- Temper outbursts
- Drinking or smoking too much
- Changes in eating habits
- Withdrawing from usual activities
- Being unreasonable
- Being forgetful or clumsy
- Rushing around
- Not sleeping

## Why not get in touch?

01629 812710

admin@dracs.org.uk

Our office is open from 9am to 5pm

To find out more visit  
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