Stress-Busting Tips

1) Get a good night sleep. Getting enough sleep helps keep your body and mind in top shape, making you better equipped to deal with any negative stressors. If you have trouble sleeping, contact the health and wellness center for help.

2) Treat your body well. Getting regular exercise helps people manage stress. See what's happening in the recreation department. Eat well to help your body get the right fuel to function at its best.

3) Get it off your chest. Talk to a friend or staff person about the stress. Sometimes just getting it off your chest can help unload some of the burden.

4) Watch what you're thinking. Your outlook, attitude, and thoughts influence the way you see things. Be positive and change your attitude.

5) Relax! What do you find relaxing? Is it dancing, playing a sport, playing cards, running, walking, reading, or talking to a friend? Think about things you can do that relax you and find ways to build them into your routine.

Need more help?

This brochure gives you some ideas for how to handle stress. However, if you find that you cannot handle the stress in your life or you frequently feel tense, upset, or worried, it may be a sign of anxiety. Anxiety problems usually need attention. The health and wellness center can help. For more information or to schedule an appointment, contact the health and wellness center.

All appointments are strictly confidential.

Staying on Top of Stress

JOB CORPS

Stressed?

Let's talk about stress, how to recognize it, and how to stay on top of it while at Job Corps.

Being in a new place can be stressful, but there are things you can do to help yourself feel better.

What is stress?

We all have stress in our lives. It's normal. Stress can be good or bad.

Good stress...

- helps us to go about our daily tasks.
- helps us to achieve our goals.
- makes us aware of hazards.
- helps us to escape danger.

Bad stress...

- hurts our ability to function.
- occurs when too much stress builds up around us.

When people say they are "stressed out" or "stressed to the max" it means that their stress levels are too high or that the stress has gone on for too long. When we can no longer cope with the stress, it becomes bad stress.

What causes stress?

We've all learned to respond differently to situations that make us feel angry, worried, or overloaded. Some people will become very stressed about things that don't worry other people at all.

Some stressful things are...

- Tests
- Arguments with a boyfriend or girlfriend
- Being bullied or harassed
- Being left out of a group
- Being in a new place with new people
- Going to the dentist
- Having a job interview

Some events are universally stressful. Things like a family breakdown, a death of someone close, or being a victim of violent crime would make anyone feel stressed.

What stresses you out?

Signs of stress overload

It's important to acknowledge your first signs of stress and deal with how you're feeling.

What are the signs that you're stressed? Some people get a sore neck and back, headaches, or can't sleep.

Here are some more signs:

Physical:

- Feeling sick, diarrhea or constipation, indigestion, inability to concentrate, rapid heartbeat

Feelings/Emotions:

- Nervousness, anxiety, sadness, aggression and anger, tiredness, tension

Behaviors:

- Drinking alcohol, smoking, overeating or undereating, doing drugs

How can you cope?

Check out the stress-busting tips!

Reference: http://www.cyh.com/HealthTopics