

We all feel worried or stressed some of the time. Stress is a normal response triggered by everyday life events. A certain level of stress is beneficial – it assists you to avoid dangerous situations, can be motivating, helps resolve problems, and helps us perform at our best.

Once a danger has passed, a problem has been solved, an assignment has been done, or an exam has been sat then usually your stress response settles back down to your manageable level. Stressors are cumulative however. Too many stressors at once or a major life event may trigger a response that begins to cause distress.

Feelings of stress can develop into anxious feelings that can become intense and overwhelming and begin to interfere with your everyday function. Your thoughts begin to race, your heart rate and breathing increase, and you are unable to concentrate, solve problems, or make decisions.

If you often feel...

- x Overwhelmed or panicked
- x Tense, nervous or on edge
- x Irritable or short tempered
- x Worried about physical symptoms
- x Fearful when having to face certain objects, situations, or events

If you often

Stress and anxiety



time. Be selective about when you choose to “tune in” to your thoughts, and when you choose to “tune out”!

Talk. Let friends and family know how you’re feeling. They may have helpful ideas or can be the rational voice when anxiety is talking!

And lastly ... Remember that things often seem worse when you are stressed or anxious. Try not to make any major life decisions when you are feeling overwhelmed (even though it may seem tempting to run away and