



REMEMBER

For assistance and connection to appropriate agencies, please speak to your family doctor. They can also make a referral to a behavioural health consultant. The behavioural health consultant will provide support and guidance in getting you the services you need.

HELPFUL RESOURCES

Alberta Health Services Addictions Helpline, 24 hour support & information:
Toll-free: 1.866.332.2322

Please talk to your family doctor about PCN services.

edmontonsouthsidepcn.ca

STRESS

→ *Stress is created when your body gets ready to deal with difficult or unfamiliar situations. That readiness becomes a problem when you become “over-stressed”. It starts to affect how you manage day-to-day activities.*

SIGNS OF STRESS

- Changes in sleep patterns
- Tiredness
- Changes in appetite
- Drug and/or alcohol use
- Difficulty concentrating and making decisions
- Feeling overwhelmed
- Headaches, upset stomach and other aches and pains

THINGS THAT MAKE US STRESSED

Stress is an individual thing and different things can make you stressed. Stressors include:

- Family issues and responsibilities
- Work demands
- Health problems
- Finances and bills
- Major life events like pregnancy, changes in housing, changes in health, death of a friend or family member, retirement, etc.

Positive stress is normal and necessary. For example, it stimulates the brain when studying for an exam. Positive events such as a wedding, a baby, a new job or a promotion can also leave you stressed as they cause changes in day-to-day life.

LONG TERM EFFECTS

Over time, stress can affect your physical and mental health.

- Not getting enough sleep will leave you exhausted.
- Negative thoughts may lead to thoughts of suicide.
- A weakened immune system can lead to developing colds or more serious physical problems.
- Ongoing stress makes it difficult to manage day-to-day activities and may cause conflict with others.



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HELPING YOURSELF

Here are a few simple things you can do to help manage stress:

- Do not bottle up your feelings or lash out at people. Talk to someone or write down your feelings and concerns.
- Get help. Ask someone for their opinions or advice. Accept help with daily things.
- Look on the bright side. Negative thinking can make you feel worse.
- Eat healthy and regularly. Speak to your family doctor if you have not been exercising for a long time.
- Make a realistic plan and set a goal.
- Plan a fun activity or take up a hobby.
- Be assertive. Remember, it's okay to say "no".
- Avoid alcohol and other drugs.

HELPFUL RESOURCES

PHONE HELP

The Support Network Line
(24-hour distress/suicide line)
780.482.4357 (HELP)

WEBSITES

Here to Help
www.heretohelp.bc.ca

AnxietyBC®
www.anxietybc.com

BOOKS

Thoughts and Feelings: Taking Control of Your Moods and Your Life by Matthew McKay, Martha Davis and Patrick Fanning

Freeing Yourself From Anxiety by Tamar E. Chansky