



Coping with Stress

A small amount of stress can be a good thing, challenging us and forcing us to grow and to exceed previous expectations. When stress threatens to overwhelm you, it can become more and more difficult to deal effectively with the demands of home, work and study.

It's vital to recognise the kind of situations that can lead to stress, including excessive workloads, lack of sleep, health issues, financial difficulties, changes to working patterns, moving home, family or relationship breakdown, amongst others. It's important you try and develop a lifestyle that sees to all of your needs: physical, mental and emotionally. Make sure you get enough exercise, take time out for social activities and establish supportive relationships.

Here are some ideas that may be useful to cope with stress:

- **Positive self-talk**

Use your own mind to help yourself, decide how you are going to cope with the stress and remain positive. Also, self-talk may assist you in assessing the true nature and depth of your problems and to find a place that you can work back to when life was less stressful.

- **Relaxation**

You know what activities help you to relax, try to include these activities in your weekly schedule. This will help reduce and prevent stress.

- **Meditation**

There are various ways we can meditate including CD's, friends, classes or tapes.

- **Exercise**

Some people find exercise alleviates stress.

- **A healthy diet**

With plenty of fresh fruit and vegetables, as well as a balance of all the major food groups to ensure you are getting all the vitamins and minerals you require. Ensure that you drink plenty of water each day.

- **Friendships**

Maintaining friendships and having friends with whom you can talk about problems.

- **A balanced lifestyle**

If we can achieve a good balance in our lives this helps us cope well. We need to have a good balance between relationships, social life, spiritual needs, rest, relaxation, exercise and healthy eating.

- **Get help and advice from a specialist**

Such as a counsellor or health professional if you are in a stressful situation.

[Headspace](#) (opens an external site) created the following resources to help you with creating an action plan for a healthy headspace:

- Your toolkit for a healthy headspace
- Question cards for a healthy headspace