



THE EFFECTS OF STRESS AND WAYS TO GAIN CONTROL

I am stressed about...

Physical Changes

- Nausea
- Tired
- Weight gain

Behavioural Changes

- Overeating
- Trouble sleeping and concentrating

Emotional Changes

- Sadness
- Worry
- Withdrawal
- Feeling dependent or demanding

All of these side effects together may cause people to feel overwhelmed which makes it harder to cope.

What can I do? How do I fight this and feel in control?

Personal Strategies

- Positive attitude
- Accept situation and choose which behaviors to work on
- Spirituality

Professional Help

- Learn behavior strategies to relax and decrease irritability
- Information
- Counselling

You are not alone

- Talking to other people going through a similar experience
- Talking with friends

The things you do make a difference. Each step, no matter how small helps decrease those overwhelmed feelings, leaving you feeling in control.