

# *Self – Help Tips*

- ❖ *Spend time with others that make you feel happy*
- ❖ *Read a book*
- ❖ *Take care of your plants or a garden*
- ❖ *Engage in your spiritual practices*
- ❖ *Spend time with a pet*
- ❖ *Exercise*
- ❖ *Take nature walks*
- ❖ *Listen to music*
- ❖ *If applicable, take your medicines as prescribed at the same intervals daily:*
  - *even if you feel better*
  - *even if your medicine has side effects (call your doctor)*
  - *don't run out*

Stress: how to cope with it:

There are different types of stress; good – that is exciting and stimulating and bad – that is exhausting and draining. Stress helps us survive and it motivates us. Only when we understand the difference between the two can we try to keep the good stress while reducing the bad.

Common symptoms of stress:

- Poor concentration
- Irritability
- Head, neck, back aches
- Sexual disinterest
- Pounding/racing heart
- Reoccurring illness
- Change in eating habits
- Excessive fatigue
- Restlessness/sleeplessness
- Phobias (fears)
- Anger/hostility
- Depression

Does & don'ts on dealing with stress:

DONT

- Excessive drink
- Abuse substances
- Withdraw from people
- Fight/argue
- Excessive smoke
- Excessive eat
- Avoid problem situation
- Procrastinate

DO

- Talk things over with a trusted friend
- Eat healthier and exercise
- Religious/spiritual practices
- Take time to have fun
- Learn and use relaxation techniques
- Listen to music