Warning signs of rising stress:

- Headaches
- Muscle tension
- Stomach problems
- Trouble with sleep
- Memory issues
- Poor concentration
- Hopelessness
- Pulling away from friends or things that you enjoy

WE ARE HERE TO HELP

Peer Support by Phone: 204-560-1461
Peer Support Hours: 9 AM - 9 PM, M-S
Province-wide Toll-Free: 1-800-263-1460
Office Hours: 9 AM – 4:30 PM, M-F

For Peer Support groups and course schedule, please email or visit our website:

Email: **info@moodmb.ca**
Website: **www.moodmb.ca**

Manitoba

CONNECT WITH US

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4 Fort Street, Winnipeg, MB R3C 1C4
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Life on the teeter-totter:

Balancing Stress

M.A.D. CAMP

MUSIC . ART . DANCE . DRAMA.

MDAM MOOD DISORDERS ASSOCIATION OF MANITOBA

Helping People Help Themselves

Everyone feels stress at some point in life; and stress isn't always bad. A small amount can actually help you focus and stay motivated, like when a due date is coming up and you need to rush to finish your assignment.

Stress becomes a problem when it stays for a long time and doesn't go away.

That kind of constant stress can lead to anxiety, depression, and even physical health problems if not taken care of early.

Teens often feel just as or even more stressed than adults, especially during the school year.

That's why it's important to learn how to handle stress and find ways to stop it before it gets too big.

So you're stressed - now what?

Cause of stress is ONGOING:

Change the timeline

- Ask for an extension
- Explain that issues have come up and it's going to take longer to get done

Identify unhelpful untrue thoughts

- Is this thought helping? If not, throw it away
- Is this true? Check your facts to make sure that you aren't worrying yourself over nothing

Say No

- It's okay to say no even when you aren't stressed and busy, but that is the time where you *have* to say no

Make a plan of attack

Take a deep breath and try to breathe out the stress energy

Cause of stress hasn't happened yet:

Try to bring your mind back to the present instead of worrying about the future

- Notice your breathing
- Feel the sensations in your body from your feet up, slowly trying to relax muscles as you go

See if you *need* to do the thing that is stressing you out

Ask for help with it

- Working as a team can help you focus on what you are finishing, instead of what you still have to do
- Other people look at problems differently than you - maybe there's an easier way to do it