Chinese Community Health Resource Center
CCHRC
華人社區健康資源中心

建立一個健康的社區
BUILDING A HEALTHY COMMUNITY
www.cchrcHealth.org

ARE YOU STRESSED OUT?

Have you been feeling anxious, depressed or burned out lately? Do you have trouble sleeping at night? Are you frequently tired? Do you get headaches often? Does your stomach feel upset all the time? If your answer is yes, then you may be experiencing too much stress in your life.

Everyone experiences stress differently. A common cause of stress is when our expectations are not met, such as at work, school, or home. We can also feel stressed when we are in a new, unpleasant, or threatening environment. However, stress is not the situation itself, it is our physical and emotional reaction to the external environment. For instance, sometimes things are not as bad as we think they are, but we agonize over them and overwhelm ourselves. Such behavior is not good for our health.

Stress is a natural part of our lives. It helps us strive and prepares us to react to dangerous situations. However, too much stress is harmful to our health. Although stress cannot be totally eliminated from our daily living, we can lessen its harmful effects by learning how to cope with it. Here are some helpful ways to relieve stress without using drugs, tobacco, or alcohol due to their harmful side effects:

1. Identify your stressors – make a list of things that stress you out
2. Maintain good health habits – eat right, exercise regularly, and get enough rest
3. Manage your time wisely
4. Learn to relax – practice deep breathing, meditation, or mental imagery (visualization)
5. Talk things over
6. Take a break and do something you enjoy
7. Set aside time for yourself
8. Be realistic, set practical goals
9. Accept situations that cannot be changed
10. Laugh it off
11. Seek social support or professional help if needed
12. Keep a positive attitude

Be aware of the stressors in your life and take steps to manage your stress!