


Identifying and managing stress

Stress is a very common reaction to new or challenging situations. Being stressed can be beneficial in keeping us alert and motivated towards a goal. However, stress can become problematic if it lasts a long time and leaves you feeling overwhelmed and unable to cope with day-to-day life.

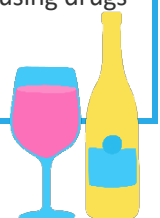
Signs of high stress

There are many signs that you may be feeling stressed, many are the result of stress hormones being released into your body. Depending on your level of stress, you may experience different signs.

Thoughts	Physical	Behavioural
<ul style="list-style-type: none"> • Worry or anxious thoughts • Cannot concentrate or unmotivated • Feeling restless and overwhelmed • Unable to cope 	<ul style="list-style-type: none"> • Difficulty sleeping • Constant fatigue • Headaches and feeling unwell • Weakened immune system • Changes in appetite 	<ul style="list-style-type: none"> • Being tense and irritable • Drop in productivity or work performance • Relationship trouble and avoiding people 

Causes of stress

Stress is often the direct result of something going on in our lives. If you have feelings of stress for no apparent reason, it is possible symptoms of anxiety may be present.

Stressful events	Business stress	Poor coping
<ul style="list-style-type: none"> • Big life changes like starting a new job or moving house • Relationship issues • Problems with the business • Illness 	<ul style="list-style-type: none"> • Juggling multiple responsibilities • Financial difficulties • Poor work-life balance • Isolation and lack of social support 	<ul style="list-style-type: none"> • Wanting to control uncontrollable events • Overthinking and worrying • Eating unhealthily, or using drugs and alcohol to cope 

Managing stress

When stress levels are too high, it can disrupt your day-to-day life. It's important to do what you can to reduce your stress levels and maintain your mental health and wellbeing so you can flourish.

Stress reduction

- Identify and eliminate sources of stress where possible
- Build emotional resilience with protective factors
- Prepare for predictable stressful events

Self-care

- Practice relaxation and mindfulness
- Stay physically healthy with diet and exercise
- Make time for activities you enjoy
- Connect with family and friends

Peer support

- Calling phone support services
- Talking to a friend or family member
- Connecting with others on online forums



Getting support

If you are concerned about your stress levels, and are still feeling overwhelmed, it could be a good idea to speak with a professional. Chronic stress could be a sign of depression, anxiety or a symptom of another mental health condition.

Doctor

- Your GP can provide initial guidance and refer you to support from a psychologist or psychiatrist
- They can provide other resources and recommendations

Psychologist

- With a GP referral, Medicare will subsidise 10 visits to a psychologist
- You can also visit private practice psychologists

Phone counselling

- Beyond Blue
1300 22 4636
- Lifeline
13 11 14
- Head to Health
1800 595 212
- Mindspot
1800 61 44 34

