

STRESS (READ CMHA pamphlet)

1. What is Stress?

a. Give a definition.

b. Explain how *“some stress can be a good thing?”*

c. Explain how stress can become *“unhelpful or overwhelming”* for some people.

d. Describe the physical effects that stress can create for an individual.

e. List three common sources of stress.

2. What Can I Do About It?

“Taking action is the first step. Ignoring the effects can lead to other mental health problems.” There is no one right way to deal with stress however

SIX TIPS FOR DEALING WITH STRESS INCLUDE :