

Strategies to Manage Stress

We all experience Stress. It is a normal human reaction to situations we find overwhelming. Stress can even be beneficial – it will improve our concentration, enable us to meet a deadline or cope in a crisis. But stress should be appropriate to the situation, it should be infrequent and of short duration. Unfortunately, many people have chronic stress or experience significant stress that interferes with work, relationships and their physical health.

The Steps to effectively manage Stress

1. Boost your long-term resilience
2. Learn short-term strategies (for when you feel stressed)
3. Monitor your mental health
4. Get professional help early

► Boost your long-term resilience

Prioritise these fundamental pillars of good mental health to improve your ability to cope with stress:

- Sleep, Exercise, Nutrition & Relaxation

► Learn short-term strategies (for when you feel stressed)

You need effective strategies to cope when you are feeling stressed, anxious or overwhelmed:

- Meditation and breathing exercises / listening to music / talking to someone / engaging in a hobby



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► Monitor your mental health

Your mental health will fluctuate over time. Keeping track of your stress levels will help you identify when your mental health is declining:

- Take a free online quiz:
<https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10>
- Talk to your GP or psychologist
- Speak to your EAP provider
- Keep a mood journal

► Get professional help early

The earlier you seek help, the more effective the treatment will be:

- **Medical help**
 - GP – see your GP to exclude a physical cause and discuss treatment options
 - Psychologist – Talking therapy is the first line treatment for Stress and Anxiety. Your GP can arrange discounted sessions through a Mental Health Care Plan
- **Websites for information and self-tests**
 - www.Beyondblue.org.au
 - www.blackdoginstitute.org.au
- **Online programs**
 - Mindspot.org.au
 - ThisWayUp.org.au
 - www.MyCompass.org.au
- **Apps**
 - www.headspace.com
 - www.calm.com
 - [MindDoc \(mood tracker app\)](#)



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