



When stress gets to be too much, you may experience:

- Fatigue
- Headaches
- Irritability
- Depression
- Sleeplessness
- Upset stomach
- Change in appetite
- Change in bowel movements
- Feelings of being overwhelmed
- Not enough time for the things you enjoy

Stress is a part of life. The best way to deal with stress is to be active, eat well and feel good about yourself every day.

Nourish Your Body

Eat at least 3 meals a day

- Skipping meals is stressful to the body
- Listen to your body – eat when hungry and stop when full
- Enjoy a variety of foods and follow Canada's Food Guide to Healthy Eating

Slow down at meal times

- Take your time when eating, chew your food and enjoy the taste
- This can help to avoid heartburn and indigestion

Reduce caffeine

- Caffeine stimulates the central nervous system, increasing irritability and insomnia
- Limit caffeinated beverages like coffee, tea, and pop
- Gradually drink more water, herbal teas, and low-fat milk

Just Get Moving!

Be active at least 30 minutes a day

- Physical activity relaxes and energizes your body so you can cope with stressful situations
- No time? Just 10 minutes, 3 times a day will do
- Follow Canada's Physical Activity Guide to Healthy Active Living

Build activity into your day

- Park far from the door, take the stairs, make your 'coffee break' a short walk, walk or bike to do errands

Choose moderate and fun activities

- Do it alone – jog, walk, dance, or just shake that stress out
- Let loose – kickboxing, racquetball, or tennis may be just what you need to release tension
- Buddy-up – be active with friends and have a chat
- Double up – activities like yoga and tai chi combine movement with relaxation

Feel Good About Yourself

Think positively

- Positive thoughts can influence your mood and the way you react to stress
- Recognize and appreciate strengths and abilities in yourself and others

Care for yourself

- Take time to do something that you enjoy
- Spend time with people who make you feel good
- Be realistic about what you can do
- Give and accept support
- Strengthen relationships in your life
- Get involved in the community

Get enough rest

- A well-rested body can cope better with stressful situations

To get the Canadian Physical Activity Guidelines visit www.halton.ca/PA or for more information, please call the Halton Region Health Department.

Halton Region

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