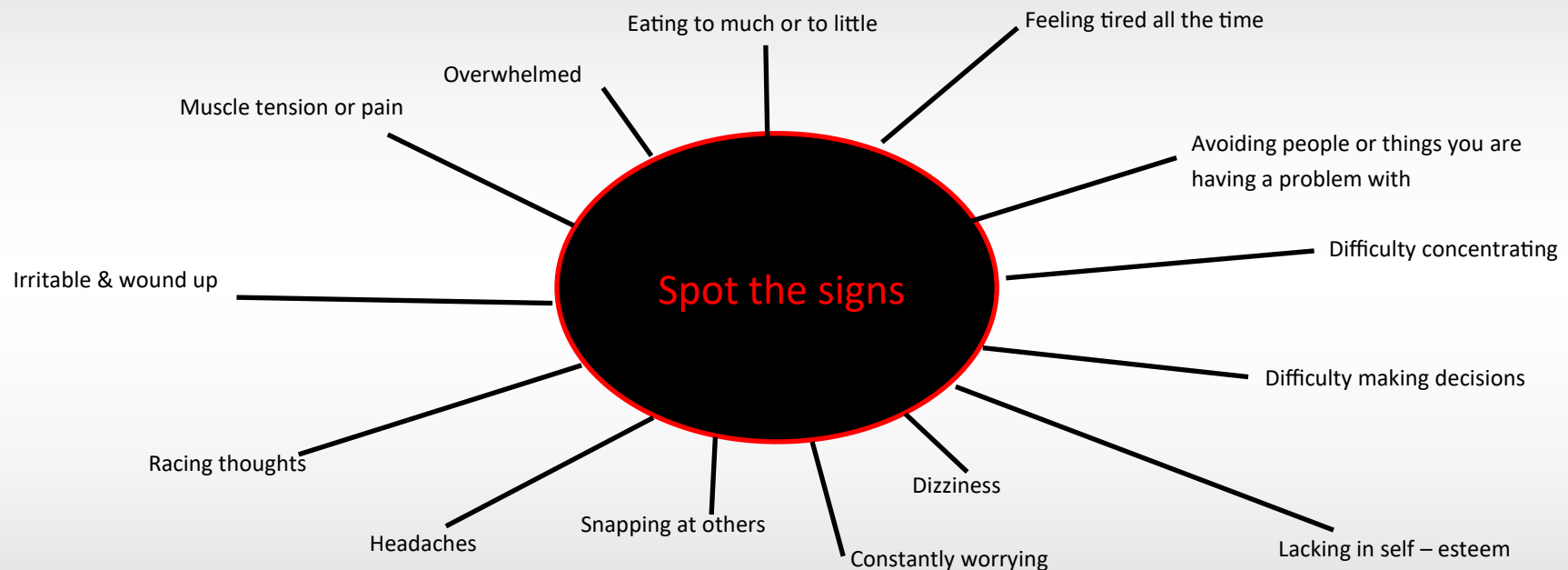


# Mental Health—Stress

Stress causes physical changes in the body designed to help you take on the **threats** or **difficulties** . **Stress** can effect how you feel **emotionally**, **mentally** and **physically**, and also how you **behave**.



Its important to tackle the causes of stress in your life if you can. Avoiding problems rather than facing them can make things worse.

But its not always possible to change a stressful situation. You may need to may need to accept there's nothing you can do about it and refocus your ener-

## Stress Busters

- Try mindfulness, Calming breathing exercises
- Share your problems with friends & family
- Make more time for your family
- Take a break, try time management techniques
- Take regular exercise & eat Healthy
- Make sure you get enough sleep