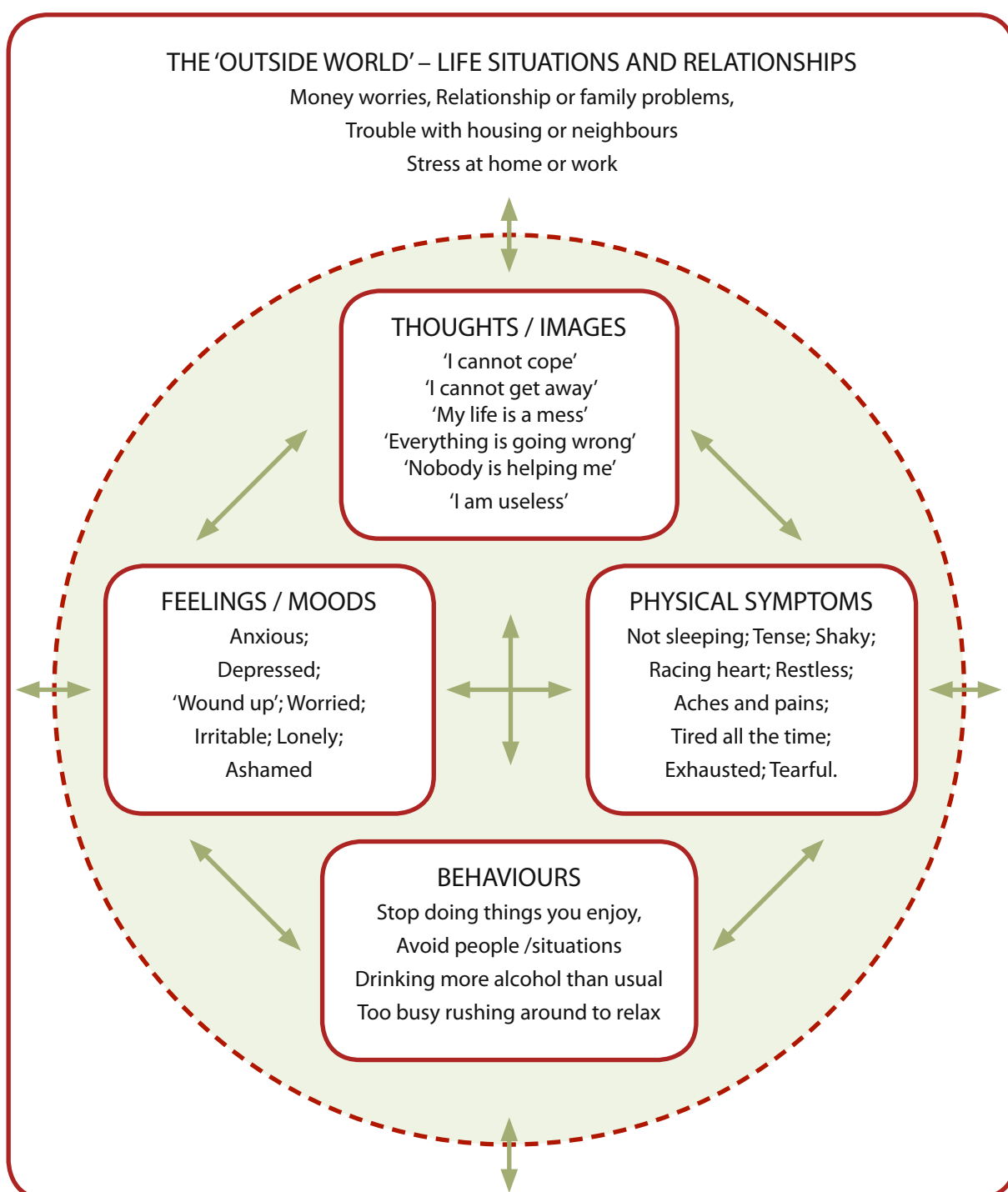


Stress – A ‘Five Areas’ Model

Stress is a normal part of everyday life that none of us can avoid. Stress isn’t harmful unless it becomes too great or lasts for a long time, when it can be harmful to our physical and mental health. The ‘5 Areas’ diagram below shows some of the signs and symptoms that can happen when you are too stressed.



Stress – A ‘Five Areas’ Model

Continued...

Stress can come from the ‘Outside World’ and often we cannot easily change the outside stress, such as where we live or the job we do. But a lot of stress comes from inside ourselves and this is something we can change, though it can take a lot of effort, especially if the things we do or think that cause our stress have been around for a long time.

How to get your stress under control

- Work out where your stress is coming from and what sets it off – is it from the ‘Outside World’, from the ‘Inside World’ (your thoughts, feelings and behaviours), or a mixture of both?
- Decide which part of your stress to work on first – don’t make your stress worse by trying to do too much at one time.
- Discuss with your guide what you can try to change – an ‘action plan’
- TRY IT! (Most plans fail because they don’t get tried)
- Discuss with your guide what happened – did your stress go down, up or stay the same? If what you did was helpful, give yourself a pat on the back and move on to the next problem. If it wasn’t helpful, think about changing your action plan and trying again.
- Give yourself plenty of time to rest and relax – tackling stress

REMEMBER

- Stress is normal – it isn’t an illness that can be ‘cured’
- Stress that goes on for too long can be bad for your health
- There is always something you can do to help ease your stress
- Try to get a balance in your life between the stress that you are facing and
- Get plenty of rest and relaxation to help recharge your batteries.
- Try not to do things that only seem to help but actually make the stress worse, Such as drinking too much, running away from problems or hiding away.

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