



Understand the facts

Stress is a basic biological response of people when presented an unknown or unfamiliar situation, problem or person. It can affect all aspects of normal physical, emotional and cognitive functioning. Stress is a means of adaptation, facilitating an efficient response to what we are facing. When stress levels remain too high for too long a period of time, it can have detrimental consequences.

Assess

There are two types of stress:

1. Eustress or positive stress: is felt with vitality, capacity for being enthused, optimism, resistance to illness, physical stamina, excitement and/or motivation.



Assess (continued)

2. Distress or negative stress: is felt with irritability, lack of concentration, pessimism, susceptibility to illnesses, low productivity, depression, fear and/or lethargy.

Stress itself is not an illness; however, it is a risk factor in the development of other serious illnesses, including heart disease, stroke, ulcers, digestive and immune disorders and mental illness.



Self-care

- Focus on your breathing: try to take full, deep, slow breaths, both while inhaling and exhaling.
- Stick to the facts: distinguish between what has actually happened and what your interpretations about the event may be.
- Talk with others about their own apprehensions, as this often helps to distinguish between what may be your interpretations and the actual events that occurred.
- Maintain a comfortable place to rest and get the sleep you need.
- Schedule time for leisure and other activities you enjoy.
- Maintain a healthy diet.
- Exercise in whatever form is comfortable for you.



Reach out

- Contact the [Employee Assistance Program](#) for free, confidential counseling services.
- Speak to your primary care physician if you are unsure where to start.



Need more information?

- BeyondBlue:
www.beyondblue.org.au/get-support/staying-well/reducing-stress.
- Harvard Medical School: Stress Management: [Enjoy your well-being by reducing stress and building resilience](#) and [Positive Psychology](#).
- Anxiety Disorder Tip Sheet.
- Resilience Program Tip Sheet.
- Self-care Tip Sheet.