



Stress



What is Stress?

- emotional or physical tension
- feeling of being "off-balance"
- our body and minds way of preparing us for change
- built in warning system that says " you need to pay attention to take care of yourself"
- designed to help you survive

Stress can be real or imagined, healthy or unhealthy, different from person to person, and is anything that threatens us, challenges us, worries us or thrills us.

Kinds of stress:

- **Healthy Stress:** helps us deal with unique positive situations, feels like a "rush" (ie, sports, getting married, having a baby, going on a holiday, etc..)
- **Unhealthy Stress:** causes negative feelings and reactions.

Stress is universal, however people's stressors and reactions are individual.

Did you know?

Too much stress causes wear and tear on one's body and mind, especially over time.



C Communicate and connect with others
- share your worries with a supportive person you trust.

O Optimism
- a positive attitude helps
- set realistic and obtainable goals to encourage success

P Participate in healthy physical and nutrition habits
- exercise regularly
- eat a balanced diet
- drink plenty of water
- ensure regular and quality sleep (7-10 hours per night)

I Identify your stressors
- what can and what can not be changed
- work at one change at a time

N Nurture yourself
- reward yourself
- schedule in FUN!
- take time for friends, leisure and hobbies.

G Go for help
- in times of overwhelming stress, get professional help.



4101 - 54 Avenue
Red Deer, Alberta, T4N 7G3
Phone: 403.342.4966
Fax: 403.342.4154
Email: office@suicidehelp.ca
www.suicidehelp.ca



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Test Taking Tips

- Take time to study properly.
- Get enough sleep the night before the test.
- Eat a balanced breakfast.
- Think positively.
- Listen closely to any instructions
- Take a deep breath.
- Read the test through once first.
- Focus on addressing each question individually.
- Ask for clarification if needed.
- Pace yourself, don't rush.
- Write legibly.
- If you don't know an answer skip it and come back to it at the end.
- Relax.
- Take a mini-break (stretch, close your eyes, etc...).
- Review your answers if you have extra time.
- Ensure your name is on the test.

GOOD LUCK!

Websites

- www.suicidehelp.ca
- www.facetheissue.com
- www.kidshealth.org
- www.canadian-health-network.ca
- www.gurl.com
- www.kidshelpphone.ca
- www.youthspace.ca
- www.teenmentalhealth.org

Local Resource List

24-hour Lines:

Alberta Help Line	1-877-303-2642
Kids Help Phone	1-800-668-6868
Crisis Line	1-800-784-2433
Red Deer Sexual Assault	403-356-1099
Child Abuse Hotline	1-800-387-5437
Central Alberta Women's Shelter	403-346-5643
Native Youth Crisis Hotline	1-877-209-1266
49 th Street Youth Shelter	403-341-3190

Office Hours:

Mental Health Clinic (Walk-In)	403-340-5466
Parkland Counselling (Walk-In)	403-340-8995
Canadian Mental Health	403-342-2266
Suicide Information & Education Services	403-342-4966
Red Deer Native Friendship Centre	403-340-0020
AADAC (AHS)	403-340-5274
Red Deer College	
Counselling Services	403-343-4064
Student Support Centre	403-343-4096
Central Alberta AIDS Network Society	403-346-8858
Red Deer Family Services Bureau	403-343-6400
People's Place Shelter (5pm-9am)	403-342-4722
Women's Outreach Centre	1-866-347-2480

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