



# Stress

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## 7 Healthy Habits for Positive Mental Health

**1. Exercise:** Regular daily exercise is important for maintaining brain health. It is recommended approx. 30min/day of moderate exercise.

**2. Nutrition:** A proper well-balanced diet consisting of all the nutrients, vitamins and minerals is essential to feed our brains as well as our bodies.

**3. Sleep:** Our brains repair from the days stresses and prepare us for the next day so it is essential for good brain health that we receive enough deep sleep to complete these processes.

**4. Be Creative:** Exercise your imagination (painting, drawing, doodling, sewing, writing, dancing, composing music, etc.) and you not only get those creative juices flowing, you also loosen up some positive emotions.

**5. Identify Troubles...Let them Go:** Express your emotions and let them out. But, don't dwell on them. Focus your energy instead on actions for solutions.

**6. Laughter:** Releases positive chemicals within our brain aiding in positive thinking. Watch a funny movie, tell a joke or do something silly.

**7. Build a Support Network:** Ask for help when needed. Talking about our stresses, pain and issues with others helps to create solutions and creates connectedness.

## Websites

[www.suicidehelp.ca](http://www.suicidehelp.ca)  
[www.facetheissue.com](http://www.facetheissue.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)  
[www.skillsyouneed.com](http://www.skillsyouneed.com)  
[www.helpguide.org](http://www.helpguide.org)  
[www.innerhealthstudio.com](http://www.innerhealthstudio.com)  
[www.stress.org](http://www.stress.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 <sup>th</sup> Street Youth Shelter	403-341-3190

### Office Hours:

Mental Health Clinic (Walk-In)	403-340-5466
Vantage Community Services	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

[www.suicidehelp.ca](http://www.suicidehelp.ca)

## 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.

