



Stress Busters



Although we can't always control what happens to us, we have some control over how we react. Here are tips to help you to cope with stress:

Be realistic; expecting yourself and others to be perfect can add to your stress levels and that of others. Sometimes changing the way we think about things can help.

Talk to someone you trust; sometimes our feelings are so overwhelming and painful that we need to talk to others for help and support.

Have fun with your friends; enjoying time spent with friends can have similar effects as laughter and can also release chemicals in our brains that make us feel good.

Use positive self talk; when we say things like, "I can do this", or "I will try harder the next time", or "I like the way I look today", it can lead to positive feelings and actions.

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health.