



FASD FAMILY SUPPORT,
EDUCATION AND COUNSELLING

Coping with STRESS



NEW DIRECTIONS
FOR CHILDREN, YOUTH, ADULTS & FAMILIES

What is **STRESS?**

Did You Know?

- Stress is a reaction that happens in both your body and brain.
- The first hint that you're feeling stressed is often a change in the body.
- If your mind is tense with anxious thoughts, your body automatically tenses as well.
- The stress response is made up of three types of reactions; physical, mental and behaviour.
- Children who see their parents stressing out tend to become stressed themselves.

There are Many Types of Stress

Good Stress

When you feel excited watching a good movie or when riding a roller coaster.

Short-lived Stress

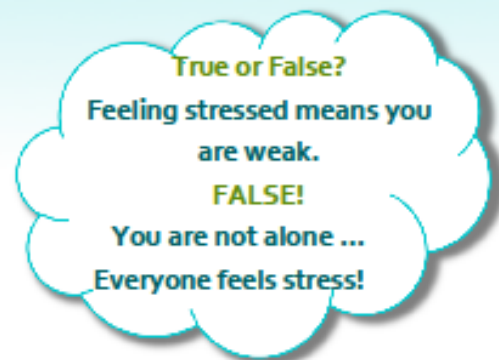
When you are in traffic jam or are late for an appointment.

Chronic Stress

You experience overwhelming life circumstances for an extended period of time. For example, struggling to meet basic needs or on-going relationship challenges.

Caregiver Stress

Those who are in constant care of loved ones are exposed to an intense level of stress. This type of stress can be more tiring due to the caregiver feeling constantly overwhelmed, physically exhausted, and emotionally drained. The demand of meeting the needs of another person who may have special needs can take a toll on their ability to meet their own needs of self-care.



When the world says
give up, HOPE
whispers try one
more time.

Stress is what you experience when you feel overwhelmed by everyday life. Powerful emotions may result making it difficult to cope.

How do I know I'm STRESSED?

In response to stress, you may experience symptoms in your thoughts, feelings, physical body, and in how you behave.

Changes in my Thinking

- Feeling like too much to do
- Difficulty making decisions
- Difficulty concentrating
- Forgetful or memory changes
- Anxious thoughts

Changes in my Body

- Physical aches & pains
- Frequent headaches
- Muscle tension
- Tiredness & exhaustion
- Changes in appetite
- Frequent colds/viruses

Changes in how I Feel

- Overwhelmed
- Irritable
- Crying easily
- Feeling hopeless
- Tense & edgy
- Unhappy & miserable

Changes in Behavior

- Grinding teeth
- Angry outbursts
- Rushing & being late
- Making mistakes
- Avoiding family & friends
- Nervous habits – nail biting



**Believe In Your
Ability to Cope**

**Coping Strategies Do Not Change the
Circumstances, But Can Help Change
How You Think and Respond**

Breathe in Hope – Breathe out Stress

The way you breathe makes a big impact on your body.

1. Place your hand on your belly and feel it go up and down as you breathe.
2. Focus on how it feels to take a deep breath, allow it to reach deep down.
3. Take slow breaths in and out. Sometimes it helps to make a sound as you exhale- ahhh.
4. Breathe in thinking happy thoughts and blow out negative thoughts.

Relax Your Body

When you relax your body, your mind slows down and relaxes as well.

1. Start by focusing your attention on your toes, squeeze and hold for 3-5 seconds, and then relax.
2. Move your way up the body very slowly, focusing on different muscles as you move towards the head.

Toes – feet – ankles – lower leg – thighs – buttocks – lower back – abdomen – chest
– shoulders – hands – lower arm – upper arm –
neck – jaw – face

Think about a favorite restful place like sitting outside on a
warm sunny day.

Release the Tension & Allow the Stress to Drain Away

Shake it Out

When you're feeling a lot of tension in your body, this is a great exercise to try. It is also fun to do with the children.

1. Stand with your feet about shoulder width apart. Start by shaking your hands and arms vigorously. Then gently shake your head and shoulders.
2. Add in your torso, legs and feet, so that you are literally dancing and shaking all over the place.
3. Stop suddenly and let the upper half of your body drop so that your hands are touching the floor. Let everything be heavy, floppy and relaxed.
4. From this position start shaking again, beginning with your head and working over your whole body.
5. It is much harder to do when you are bent over! Be silly!

Have fun and LAUGH!



Laughter is an Instant
Vacation

Walk while Repeating Words of Hope

Walk and say to yourself words of hope, courage and strength.

- I am strong
- I can cope
- I have potential
- I am doing the best I can

Think about your child's strengths and repeat them as you walk.

- They make me laugh
- They are creative
- They are loving
- They are _____

Walking is a Great Way to Relieve Stress

Gentle Facial Massage

Use the middle fingers from both hands to gently massage and stimulate in a circular motion over the face and neck.

Start at the middle of your forehead under the hairline.

Move your fingers in a circular motion across your ...

- | | |
|--------------------------------------|-------------------------------|
| <input type="checkbox"/> forehead | <input type="checkbox"/> ears |
| <input type="checkbox"/> eyes | <input type="checkbox"/> lips |
| <input type="checkbox"/> nose | <input type="checkbox"/> chin |
| <input type="checkbox"/> cheek bones | <input type="checkbox"/> neck |

Quick Stress Relief Tips

- Hug your child every day
- Slowly count backward 10...9...8....7....6
- Rub your hands and feet with moisturizing lotion
- Doodle on a page and make a flowing design. Try again with your eyes closed.
- Wash your face with a soft, warm cloth. Feel the warm sensation on your face.
- Squeeze a stress ball. Squeeze hard and relax.
- Have a long slow drink of cold water.
- Talk to a family member or friend, in person or on the phone.
- Ask a family member, friend or pet for a hug.
- Blow bubbles with your child.
- Step outside and blow off some steam.
- Wrap your arms around yourself and flutter your fingers on your back to give yourself a Butterfly Hug.

Attitude is a little thing that makes a BIG difference.

It's not what happens to you but how you react to it that matters.

Don't Forget to Take Care of Yourself

Nutrition Tips

Eating healthy food is more important than we realize. It provides the energy we need to face challenges.

- Remember to eat breakfast.
- Drink water throughout the day, 6-8 glasses.
- Try to add more fruits and vegetables to your meals.
- Make a choice to buy 60% or whole wheat bread instead of white bread.
- Choose snacks of cheese, crackers, and fruit more often than pop and chips.

Sleep Tips

Sleep is more valuable to our overall health and wellbeing than we realize.

Getting enough rest helps your ability to cope with stress.

- Try to maintain a bedtime routine.
- Sleep in a dark, cool bedroom.
- Before bed try to do calming activities such as taking a bath, or reading a book.
- Take brief naps when you are able. For example, when your child is at school or daycare.

Exercise Tips

The benefits of exercise include: A decrease in tension, an increase in energy and wellbeing, and promotes quality rest.

- Climb up and down the stairs several times.
- March on the spot during commercial breaks while watching TV.
- Use 2 cans from the cupboard as weights to exercise your arms.
- Find something you enjoy doing like going for a walk, gardening, bicycling, dancing ...

Resources

- Canadian Mental Health Association (CMHA)
Phone 204-982-6100
(If outside Winnipeg, contact your local CMHA)

- Health Links – 204-788-8200

- Healthy Child Manitoba Office www.gov.mb.ca/healthychild
Toll free 1-888-948-0140
Phone 204-945-2266

- Klinik - Phone 204-786-8686
Toll Free – 1-888-322-3019 (24 hour crisis line)

- Mobile Crisis Service - Phone 204-940-1781

- Youth Mobile Crisis – Phone 204-949-4777

- Public Health Agency of Canada
www.publichealth.gc.ca

- Winnipeg Regional Health Authority (WRHA)
Phone 204-926-7000
(If outside Winnipeg, contact your local RHA)

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