

# Some suggestions for coping with stress

Here are some suggestions from the Halton Region Branch of the Canadian Mental Health Association for managing stress.

- Listen to your body. Headaches, stiff shoulders and a gnawing feeling in your stomach that won't go away are all signs that you could be

under too much stress.

- Be good to your body. A good diet and regular exercise are essential ingredients for a healthy person, both physically and mentally. You wouldn't think of putting cheap, watery fuel into a high-performance automobile, so why run your own

body on junk food.

- Practice relaxation techniques. Breathing exercises, relaxation tapes, or just a quiet walk in the park are great ways to help your body recover from a dull day of high-stress activities.

- Set achievable goals. It is good to acknowledge that we

can't all be the best at everything we do. Be reasonable in setting personal goals and then let yourself feel good when you achieve them.

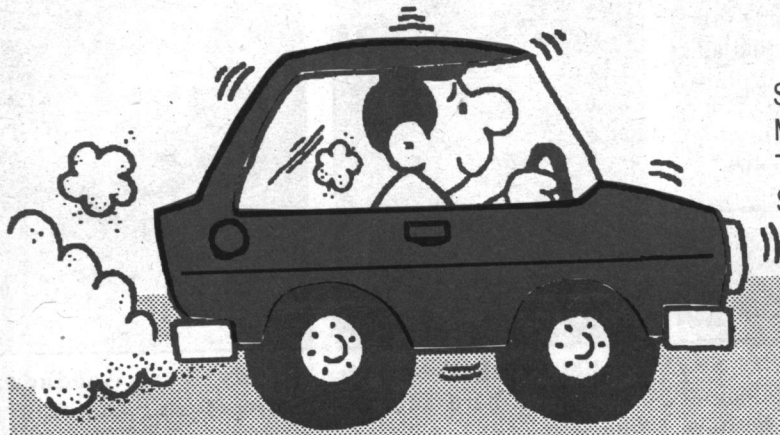
- Learn to problem-solve. When problems do come along, as they inevitably do for all of us every day, don't let them build up. By defining

your problems, listing alternatives, evaluating the pros and cons and finally making a choice, you can chip away at problems and reduce stress.

- Get help when you need it. Call CMHA for information at 845-5044 in Oakville, 681-6776 in Burlington and 853-4477 in Acton.

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