



# StressLESS

## POCKET TOOL KIT

~ Less Stress/More Life ~

### Tips for Combating Stress

By changing the way you deal with stress, you can reduce its hold on your life. Here are a few suggestions:

- Learn how to say "no," and take on only what you can realistically handle.
- Change the situation to reduce future stress.
- Accept what you can't change.
- Take a breath and pause before responding.
- Walk, run, swim or garden; listen to soothing music; meditate; get a massage.
- Ask for help from family and community.

### Community Resources

Reaching outside our personal circle can help us to understand and resolve our situation.

General help	211 or <a href="http://www.auw211.org">www.auw211.org</a>
Crisis support (24/7)	1-800-753-6879
Domestic violence (24/7)	579- 9581
Community Clinic of Maui	871-7772 or 667-7598
Legal Aid Society	1-800-499-4302
Maui Food Bank	243-9500
Feed My Sheep	872-9100
Overeaters Anonymous	879-3711 or 878-4058
Homeless Resource Ctrs.	242-7600 or 662-0076
Family Life Center	877-0880
Maui Adult Day Care Ctr.	871-5804
Adult Protective Services	243-5151
Child Protective Services	243-5143/5162
Maui Youth & Fam. Shelter	579-8406
MEO, Inc. (rent assistance)	249-2970
Goodwill Job Connections	871-4143
Maui Family Support Svcs.	242-0900
Child & Family Services	877-6888
MPD Juvenile Counseling	244-6480
Aloha House (substance abuse)	579-9584
Sexual Assault Hotline	873-8624

A resource provided by the County of Maui Committee on the Status of Women Rev. 9/09



### What is Stress?

Stress is what you feel when you have to handle more than you comfortably can. When you are stressed your body responds as though you are in danger. It may make hormones that speed up your heart, make you breathe faster or give you a burst of energy.

Some stress is normal and even useful, in case you need to work hard or react quickly. Stress that happens too often or lasts too long can have bad effects. According to a report by Harvard Medical School, 60-90% of doctor's visits involve stress-related complaints. Thus, excess stress may be at the root of many illnesses, including damage to the cardiovascular and immune systems and to mental health, adding emotional impairment to physical ailments.

### Common Symptoms of Stress

If you are experiencing any of the following, it could be a sign that stress is affecting you:

- \* Frequent headaches
- \* Frequent colds or flu
- \* Sleep problems
- \* Worry or anxiety
- \* Unexplained aches or pains
- \* Confusion
- \* Tearfulness
- \* Overeating
- \* Frustration
- \* Lack of sex drive

### Common Causes of Stress

The causes of stress are numerous and highly individual. External events and internal conditions can cause stress.

Ask yourself, am I experiencing...?

A major life event such as:

- \* Marriage or divorce
- \* Illness or injury
- \* Death of someone close
- \* Moving to a new home
- \* Job loss

Daily demands like:

- \* Family obligations
- \* Money worries
- \* Job dissatisfaction
- \* Social isolation
- \* Time pressures

### Internal causes of stress

- \* Feeling uncertain and worried
- \* Trying to be perfect
- \* Putting yourself down
- \* Not standing up for your rights
- \* Feeling like nothing works out right

Consult your physician when you have concerns about your health.

