

## So Many Demands...So Little Time!



1. **Stress is your body's way of reacting to life's pressures.**
2. **Lots of places and things can make you feel stressed:**
  - Your Health
  - Home
  - Family & Friends
  - Work
3. **Some stress is good, but if it makes you feel sad and irritable - *WATCH OUT!!!***
4. **Learn to recognize the signs of stress:**
  - Physical - headache, pounding heart, trembling
  - Behavioral - anxious, poor eating, sleeping problems
5. **Figure out what things make you feel stressed and begin making changes in your day, relationships, work... to get the stress to go away.**
6. **Managing your stress is important:**
  - Deep breathing
  - Exercise
  - Listen to music
  - Meditation
  - Take a walk
  - Talk to a friend
7. **Reduce the stress in your life by scheduling daily periods of relaxation and exercise, eating right, and getting enough rest.**
8. **It is okay to talk to a professional counselor.**

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

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