

STRESS

Stress is part of everyday life. Stress can be motivating and help us achieve our goals. However too much stress can be debilitating and can become stress overload (distress).

It is important to notice if you're becoming too stressed and do something about it, before you get overwhelmed.

Signs of stress can include:

- Insomnia and sleeping problems, anxiety and depression, worrying a lot
- Racing heart and digestive problems, headaches
- Mood swings, feeling angry, snapping at people
- Impaired memory and loss of concentration
- Finding it hard to relax.

It can help to remember:

Often it's just a matter of getting yourself through a difficult time.

You may need some help to see it through.

Some ideas to help keep stress under control.

1. Talk to someone (friend, whānau, family, counsellor) and ask for help
2. Get plenty of physical exercise
3. Having a healthy balanced diet.
4. Being well prepared and organised
5. Some good rest and relaxation/do something creative.
6. Plan study and breaks in your schedule for some fun.

Advice and help is available at the Health, Counselling and Wellbeing Centres

For help with coping with exams and essay writing and any other academic help see

Te Tari Āwhina - Learning Development Centre: <http://www.tetariawhina.info>

Another good website to visit is: www.reachout.com.au

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