



# STRESS MANAGEMENT

Long-term stress is a threat to brain health and memory.

Stress is a part of life. However, over a long period of time, stress can damage physical health, cause depression and memory disorders at a later age.

Stress is a normal way for the body to respond to threatening situations. Positive stress helps you to achieve goals in life. Too many challenges and demands cause fear and negative stress, which is dangerous to health.

## CAUSES OF STRESS



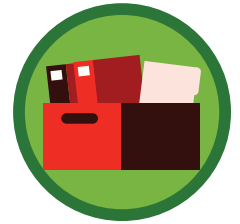
Constant rushing around and tight schedules



Excessive workload, multi-tasking



Financial worries



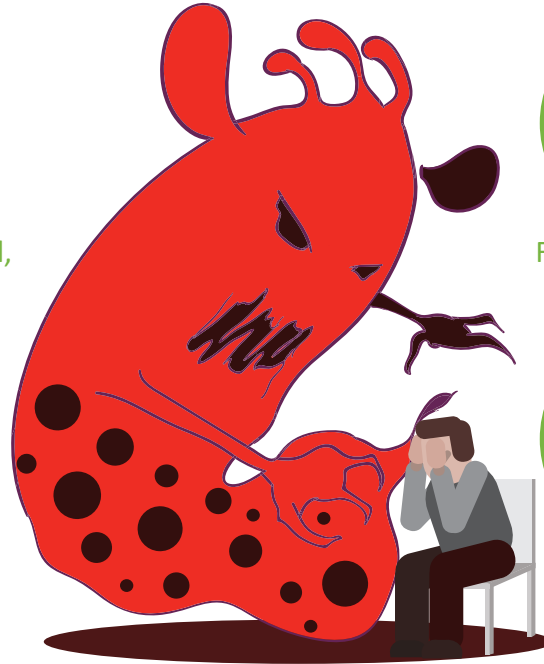
Unemployment



Major life events



Feeling insecure and inadequate



Loneliness, missing home



Immigration, seeking asylum

## WHEN STRESSED, PEOPLE OFTEN FEEL THE FOLLOWING:

INSOMNIA, SLEEP PROBLEMS, WAKING UP AT NIGHT, TIREDNESS, HEADACHE, DIZZINESS



RESTLESSNESS, FEELING OF PANIC AND ANXIETY



LACK OF CONCENTRATION YOU FORGET WHAT YOU WERE DOING



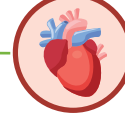
NECK AND BACKACHES



SWEATING



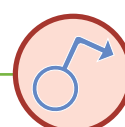
PALPITATIONS



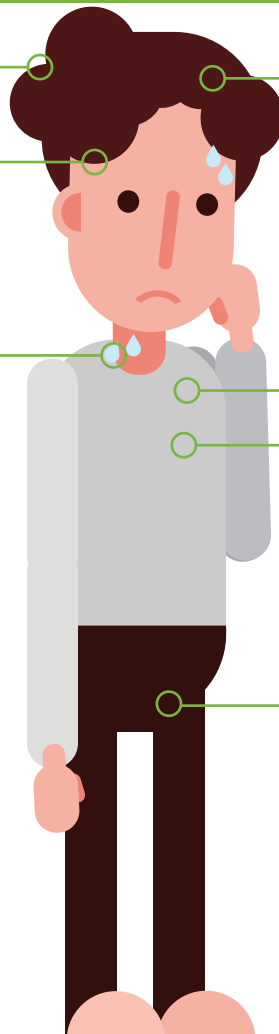
WITHDRAWAL FROM SOCIAL SITUATIONS



FAMILY AND RELATIONSHIP PROBLEMS



SUBSTANCE MISUSE



# MEANS TO MANAGE STRESS

## STOP TO EVALUATE YOUR LIFE

What is happening  
in life right now?

What things can you  
influence yourself and  
what are beyond your  
control?



## EXERCISE

Exercise helps to  
relieve stress.

## GO TO NATURE

Nature calms the mind  
and lifts the mood.



## TALK TO SOMEONE

Talking things through will help to clear  
your thoughts.



## WRITE

Writing can help you  
get things off your  
mind.



## RELAX

Try different  
relaxation and  
breathing exercises.



## EAT REGULARLY, GET ENOUGH SLEEP.



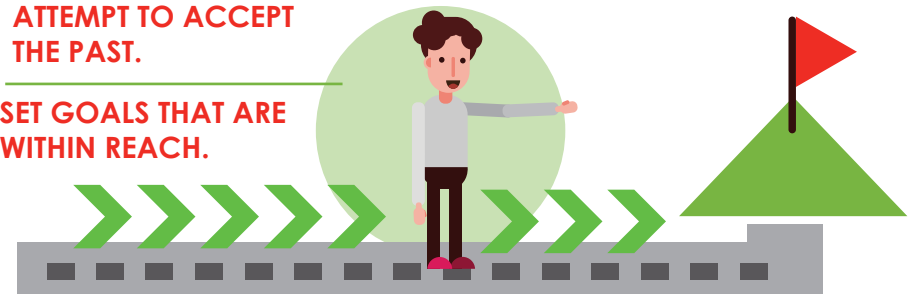
## LEARN TO SAY

# NO

to things that drain you.

## ATTEMPT TO ACCEPT THE PAST.

## SET GOALS THAT ARE WITHIN REACH.



## ASK FOR HELP.



Contact a  
professional if  
you have been  
feeling down  
for a long time.



## TRAIN YOUR THOUGHTS - BE KIND TO YOURSELF.

BE SATISFIED WITH  
WHAT YOU HAVE  
ACHIEVED.



Useful information:  
Mieli Mental Health Finland  
<https://mieli.fi/en>

Sources: <https://www.mielenterveystalo.fi>  
<http://www.mielenterveysseurat.fi/turku/materiaalit/serenen-materiaalit/>  
[www.muistiliitto.fi](http://www.muistiliitto.fi) | [www.muistisalo.fi](http://www.muistisalo.fi)  
Illustration and design: Karen Cipre | [karencipre.deviantart.com](http://karencipre.deviantart.com)