

# Are you concerned you may be stressed?

Ask yourself the following questions:

1. **Am I feeling tired or run down most of the time?**
2. **Am I having difficulty remembering things?**
3. **Am I eating more or less to cope with my feelings?**
4. **Am I feeling more irritable or moody?**
5. **Do I have new aches or pains?**
6. **Am I isolating myself from others?**
7. **Am I procrastinating or putting off important tasks?**
8. **Do I feel overwhelmed?**
9. **Do I have a general sense of sadness or unhappiness?**
10. **Am I having anxious or racing thoughts?**

If you answered yes to more than four of the questions, you are likely experiencing increased stress levels.

Make an appointment with our Falls Community Health staff:

- Chemical Dependency Counselor
- Nurse Case Manager
- Mental Health Counselor
- Social Workers

**Falls**  
**COMMUNITY**  
**HEALTH**



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## Winter Blues



Facing the  
**WINTER  
BLUES?**



# Dealing With Stress

During the holiday season, stress levels tend to spike and can quickly become unmanageable. Whether you are feeling stressed on a regular basis or just during a particular time of year, there are healthy ways to manage your emotions. Here are some tips and suggestions:

1. **Identify and express your feelings.** If there is something that is causing you anxiety or sadness, it is important to share that with someone you trust. Give yourself permission to talk about your feelings and even show emotion through crying. Things like the loss of a family member, distance from family and friends, and money stress can be a difficult burden, but you don't have to deal with it alone.
2. **Make connections with others.** If you feel lonely, seek out support and assistance from people in the community. This can be done by volunteering, attending community functions, or enjoying other social events. Often by taking the step to reach out for support and companionship, you are able to make new connections that will help you long into the future.
3. **Set clear and healthy boundaries with others.** Learn to say no when necessary and know your limits. Understanding your limitations can take time and can be different from person to person. Doing too much can leave you feeling overwhelmed. Try to be honest and direct about what you need by having a clear and honest conversation with others.

4. **Make a budget that is within your financial means.** When you go gift and food shopping, decide how much money you can afford to spend and try not to make any other purchases. If you are unable to afford gifts, think of different ideas such as writing personal letters, making a gift, or creating a special memory with your loved one.

5. **Continue to use healthy eating or exercising habits.** Make sure to get a good night's sleep, drink plenty of water, and find time to exercise.

6. **Make some time for yourself.** Spending 15-20 minutes alone may help you feel refreshed and better prepared to manage the rest of your day. Find something that is enjoyable to you that can help reduce stress:

- Take a walk
- Listen to music
- Take several slow deep breaths in and out
- Exercise
- Relax each muscle group from the tips of your toes to the top of your head
- Journal
- Read a book

7. **Ask for professional help if you need it.** Despite your best efforts, you may find yourself feeling sad or anxious, unable to sleep, irritable, and frustrated. If these feelings last for a while, talk to your doctor or a mental health professional. Here at Falls Community Health we offer support through counseling, social work, and case management. We are here to help!

## Library Resources

BOOKS	
Title	Call Number
Keep Calm! My Stress-Busting Tips	Gina Bellisario
Deadly Emotions: Understand the Mind-Body-Spirit Connection	ANF 613 Colbert
Cool Relaxing: Healthy and Fun Ways to Chill Out!	CNF 613.7 Kuskowski
VIDEOS	
Beginner's Guide for Stress Relief	613.7 Beginners

## Did you know?

Stress is also a good thing! It can help you:

- Stay motivated
- Stay focused
- Be on guard to life's many challenges
- Be protected from potentially dangerous situations

## However ...

Stress can become harmful to our physical and emotional health when left undealt with for long periods of time. It can affect you:

- Mood
- Relationships
- Productivity
- Quality of life

For Your Health



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