IDENTIFYING AND DEALING WITH STRESS

EXAMPLES OF UNUSUAL BEHAVIORS THAT COULD BE SIGNS OF STRESS:

• Snapping at colleagues
• Putting off decisions
• Restlessness and difficulty sleeping, concentrating, and making decisions
• Disbelief
• Changes in appetite, energy, desires, and interests
• Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
• Worsening of chronic health problems and mental health conditions

DEALING WITH STRESS:

• Take breaks from social media and the news
• Maintain a good sleep routine
• Talk to your trusted ones
• Help other people
• Identify and eliminate your triggers

"To take care of others, you first have to take care of yourself."