



Stress

12% of Australians experience severe levels of stress according to the Stress & Wellbeing Survey conducted by the Australian Psychological Society in 2011.

What is Stress?

Stress is the body's way of responding to any demand or pressures. It can be caused by both good and bad experiences. In many cases stress is a healthy reaction. It helps us cope with life's challenges. However too much stress, or prolonged stress can affect our physical and mental health. Taking steps to cope with situations we find stressful is important so we can function and live productive lives.

What can help?

- Be aware of your stress levels, ask whether they are helping you in situations or making it worse
- Regular exercise relieves stress
- Connect with your friends, family and colleagues
- Learn techniques to help you relax, such as mindfulness
- Be aware of your values and what motivates you
- Eat a healthy diet
- Get the sleep you need
- Seek help

Seeking Help:

- Visit your GP to check your physical health and general wellbeing
- Contact Drake WorkWise – our experienced counsellors can help you manage stress more effectively

We're here to help. For a confidential discussion or more information contact Drake WorkWise on 1300 135 600 (AU) 0800 452 521 (NZ).

Note: This material is designed as general information only and may not be applicable to your personal situation. If you have questions or concerns, please contact your doctor.