

## What causes stress?

In the modern world the causes of stress can be everyday events and changes, such as relationships, work, money, and difficult decisions. They can also be traumatic events, such as the death of a loved one, natural disasters, and being attacked.

If stress lasts too long or happens too often, it can lead to more serious problems such as anxiety or depression, and/or physical health problems such as heart disease, high blood pressure or stomach ulcers.

### Signs of stress may include:

- Irritability
- Trouble concentrating
- Depressed mood
- Problems with memory
- Anxiety
- Muscle aches
- Easily angered or frustrated
- Headaches
- Fatigue
- Upset stomach
- Trouble falling or staying asleep
- Rapid heartbeat
- Loss of appetite or overeating



### Please Note

The advice given in this leaflet is intended to be helpful to most people. It does not replace the direct advice of a healthcare professional or counsellor. It is only a general guide and cannot deal with all possible situations nor can it be specific to any one individual. If you or someone you know needs help please contact your GP as soon as possible to obtain further help.

## “we’re listening”

### Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX  
**Tel: 028 9039 1630**

Unit 20 North City Business Centre  
2 Duncairn Gardens Belfast BT15 2GG  
**Tel: 028 9074 6184**

[www.newlifecounselling.net](http://www.newlifecounselling.net)



# Hello.

We're New Life Counselling,  
we're here to help you.

Are you Suffering  
from Stress?

## What is stress?

Stress is a natural human response to changing conditions around us. The body responds to stressful events with an instinctive “fight or flight” response. This physical response comes from a rush of adrenaline and other hormones that speed up your heart and breathing and give you the burst of energy you need in order to respond.

## Stress is not always bad for us.

Stress can help us to grow and adapt to changes. Even the most positive life events can involve stress such as planning a wedding or winning the lottery. Stress is different for each of us. What is stressful for one person may or may not be stressful for another. We all respond to stress in different ways.

The good news is that there are many natural ways to reduce stress that cost little or nothing, but are effective in preventing or reducing the negative effects of stress. Here are some stress-busters that you can try:

**A healthy diet** gives you the energy to handle daily stress and helps prevent the mood swings that can be caused by skipping meals and making poor food choices.

**Exercise** - Try going to the gym for a work-out or for a swim, or going for a jog or a brisk walk (aim for 20-30 minutes at least 3 times a week).

**Learn to relax** - Try yoga or meditation.

**Social support** - Keeping in touch with friends for social activities and talking things through with someone you trust can all be helpful in reducing stress.

Check with your GP before making any changes to your diet or exercise.

## Where to get help?

It is important to seek help from a professional if you feel that the stress is unmanageable. Your GP can assess your physical and mental well-being may also suggest a referral for some specialist help. You can also contact New Life Counselling for counselling support.

## How could counselling help me?

Counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor about the difficulties in your life.

## What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of dealing with difficult thoughts or feelings

## How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact us at the telephone numbers or addresses overleaf or visit [www.newlifecounselling.net](http://www.newlifecounselling.net) for more information and where you can fill in our online form. We will then be in touch to set up an initial appointment.

