You might notice that you have:

- Shortness of breath or shallow breathing
- Memory or concentration problems
- Anxiety or being feeling tense
- Been finding it hard to make decisions
- Tearfulness for no apparent reason
- Lost your zest for life
- Changes in your sleep patterns
- Nervous twitches or muscle spasms
- Pains in the body
- Skin itches or rashes for no apparent reason
- Indigestion or stomach upsets
- Frequent colds or flu
- Been feeling impatient or irritable
- Lost confidence

Ways To Manage It

- Can you change the cause? It may not be possible, can the part of your environment causing the most stress be changed?
- Identify your triggers for stress
- Take action to reduce your stressors
- Talk your worries over – to a supportive friend, partner, whānau member or professional
- Limit your expectations
- Eat well and avoid foods that increase tension
- Sip water: deliberate slow action that is rhythmical can be calming and a distraction; it also hydrates and cools
- Get enough sleep
- Learn relaxation, breathing techniques or meditation
- Movement and exercise
- Take time out
- Pace and balance yourself
- Have courageous conversations e.g. with your manager
- Reduce work stress
- Practice positive self-talk
- Listen to music
- Put fun and laughter in your life

These may need practice!

When Symptoms Persist:

- Talk to your GP or mental health professional
- Talking therapies
- Self-help strategies

The fact sheets are designed for health professionals to use kainohi ki te kainohi (face to face) in a two-way conversation with their clients/patients to share accurate information on mental health issues.