

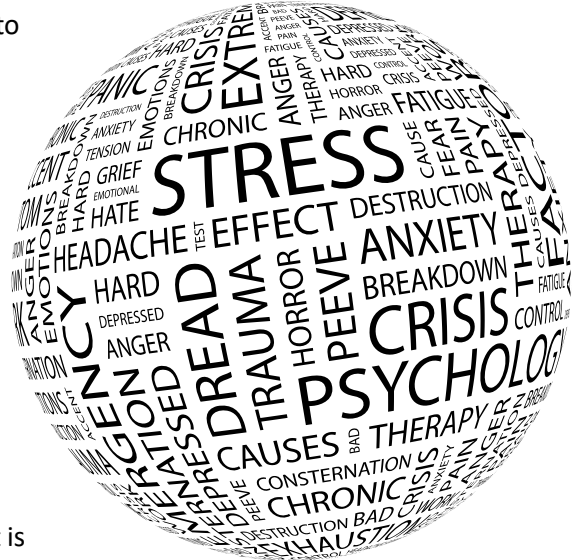
Stress Management

Stress can come from many things and people feel stress in different ways. Stress is your body's reaction to change. You can feel stress as tension or strain in your body. It could be a headache or a sore neck.

Stress can make you feel :

- Tired
- Confused
- Sad
- Like you want to be alone more

There are different kinds of stress. Good stress called **eustress** and uncomfortable stress is called **distress**. Usually when we think of stress we think of distress. It is normal for you to feel stress, but too much stress over time can be harmful. If you feel like you have too much stress be sure to talk to Innovative Hematology/IHTC staff



Stress Management

Types of Stress

Eustress can happen when you think the events and changes around you are good.

You may feel eustress when you are on vacation or talk to your best friend.

Distress can happen when you think the events and changes around you are hard or tough to deal with. Sometimes you feel distress when you don't want to do something or don't like what you need to do.

You may feel distress when in pain or if you have a disagreement with someone.

Ways to Help My Stress

- Deep Breathing
- Use guided imagery or meditation
- Listen to music or read
- Exercise/Take a Walk
- Take a nap
- Play with your pet
- Do something you like to do

