



Steps to deal with stress

A simple guide to stressing
less and enjoying life more –
easy read version

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Stress

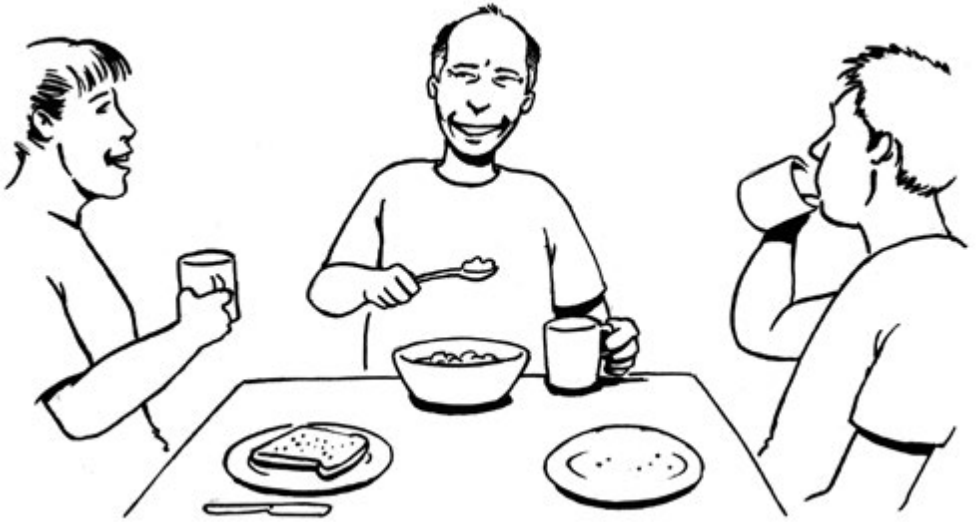


Stress makes you feel bad. Stress can make you ill.

**Do not ignore stress or pretend it is not happening.
Look after yourself and you will feel better.**

This book tells you things you can do to feel better.

Eat well



Eat breakfast.

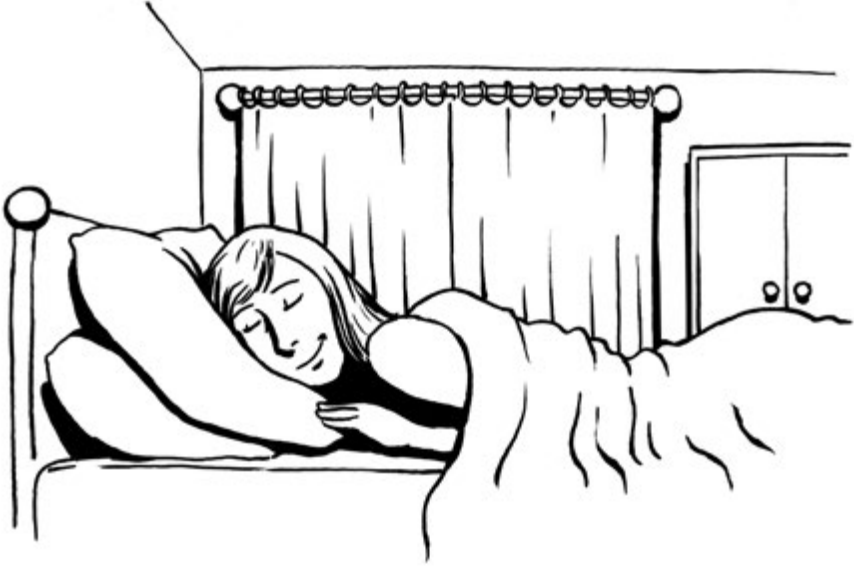
Sit down with other people to eat your meals.

Eat plenty of fruit and vegetables.

Learn to cook healthy food.

Drink less tea, coffee and fizzy drinks.

Sleep well



Make sure your bedroom is dark and quiet enough for you to sleep.

No television, computer or games console in your bedroom. Try not to sleep during the day.

Cut down on coffee and tea.

Get some exercise.

Relax before bedtime – have a warm bath.

Avoid big meals just before bedtime.

If you cannot sleep try these things:

- **Go to a different room and do something to take your mind off things.**
- **Have a milky drink.**

Be active



Be as active as you can be.

Go for a walk.

If you have kids be active with them.

Walk instead of using the bus or car.

Use the stairs instead of the lift. Go to the park.

Spend time outdoors.

Join a gym.

Find an exercise class.

If you can, try gardening, cycling or doing a sponsored run.

Relax, have fun



**Go for a walk – take the dog if you have one.
Play with your kids.
Try taking deep breaths for a few moments.
Learn a new skill.
Do something you enjoy – like dancing.**

Things to avoid – they do not help and may make you feel worse

Alcohol



Alcohol is in drinks like wine, beer and whisky. Drinking alcohol can make it hard to sleep well. If you drink too much alcohol you will feel really bad the next day.

Alcohol can make you feel depressed. Spending too much money on alcohol can make you feel stressed and worried.

Drugs



**You should be very careful with drugs and medicines.
Only take things that your doctor says are OK for you.**

Smoking



Smoking cigarettes does not help you to feel relaxed. It can make you more stressed.

Stress can happen for lots of reasons. It can happen when you have problems with:

- **money**
- **relationships**
- **work**
- **family**
- **illness**
- **things that happened in the past**

You can also feel stress if someone that you love dies.

If you are very worried about something you can talk to:

- **your doctor**
- **your community nurse**
- **your support worker**
- **your social worker**

Where to get help

Your doctor or community nurse

Breathing Space

They have a free advice line.

Telephone: 0800 83 85 87

Website: <http://breathingspace.scot/>

The Samaritans

They will listen to you.

Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

ENABLE Scotland

They can tell you about places to get help in your area.

Telephone: 0141 226 4541

Email: enable@enable.org.uk

Website: www.enable.org.uk

Stressing less and enjoying life more

find out how inside...

For more information and advice on dealing
with stress, visit:

www.stepsforstress.org

To provide any feedback on this booklet,
email **nhs.HealthScotland-MHI@nhs.net**