

# Handling Stress well

## How to recognize Stress

First, it is important to take a look at what triggers stress. Then, one can think about how to deal with this trigger or how to reduce it. It can help to be aware of your personal limits and boundaries. One can try to say "no" more often or directly address existing problems or conflicts.

It is helpful to reduce stress as early as possible because otherwise, it can (continue to) negatively affect one's mental and physical health.



## Relaxation & Restoration

We all need rest regularly. That is why it is important to consciously take breaks and not fill a day with too many activities. In times of stress, we can lose the balance and do not rest enough. To prevent (further) stress, it is important to restore your energy before it is all used up.

Through regular relaxation and restoration, we have more energy to manage stressful situations. Generally, it is important to find a balance between activity and rest in order to be able to manage upcoming stress at an early stage.



## What can help?

- Physical activity and sports (e.g., taking walks, running, hiking, yoga,...)
- Relaxing time with friends or family
- Doing something with your hands (e.g., playing instruments, painting, pottery, craft activities, cooking, baking,...)
- Breathing exercises, relaxation exercises or meditation
- Enough sleep
- Writing down thoughts and problems, e.g., in a diary
- Listening to music, watching a movie
- Thinking about happy things or memories
- Create a list of helpful things for stressful times (Stress-Emergency-Plan)

What has helped you with stress in the past?  
What activities, people, animals, or places give you strength or energy?



It can help to talk to friends or family about your feelings and problems or seek professional help (e.g., with a psychologist or psychotherapist).

We at project NEDA are happy to help you to feel better again!  
Feel free to give us a call!



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