



Warning signs

It's important to notice when life starts becoming more stressful or you start to have trouble coping. A good way to do this is to notice what warning signs you can see at the time and begin to implement strategies to get you back on track. Following, brainstorm some warning signs that you notice coming up for you when life starts to get stressful, e.g. more headaches, spending all night on the computer, not eating properly etc. Then think about what kinds of strategies you could use to help combat or cope with those warning signs e.g. a relaxation CD, mindfulness skills, walk every day, pre-prepare food, listen to music etc.

Warning Signs	Strategies
<i>I start to get lots of headaches.</i>	<i>Go to bed early for a couple of nights this week.</i>



Triggers

Another way to help you cope with stressful times is to consider those things that trigger or set off stress for you. In this way you can be as prepared as possible. Triggers may include visiting relatives, illness, busy periods, special occasions etc. Again brainstorm strategies that you can use around the time of the trigger, to help you cope.

Triggers	Strategies
<i>My birthday.</i>	<i>On the day, take myself to the beach and mindfully eat my favourite meal for lunch.</i>

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Lived Experience Telephone Support Service

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