



HOW TO COPE WITH ANXIETY AND STRESS

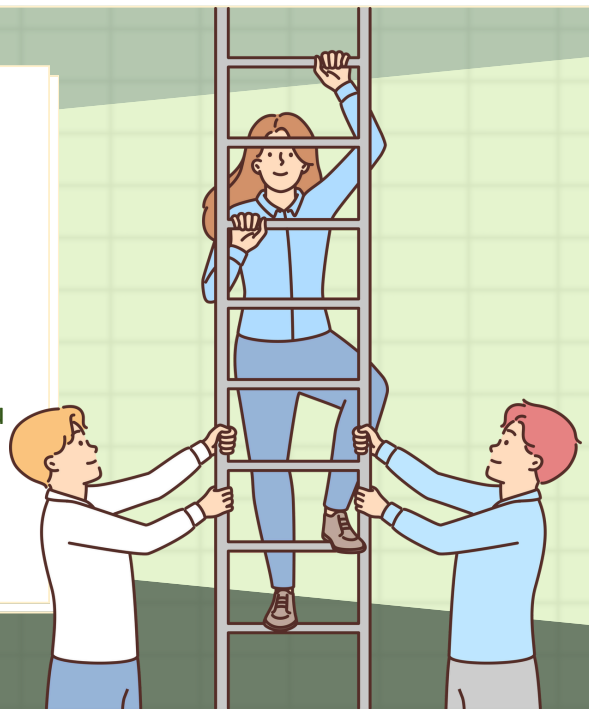


Do I need to seek help if I feel stressed out or is that normal?

Feeling stressed out is a common experience when facing challenging times, however, if stress becomes too prevalent or consistent, seeking personal or professional support will better help you manage these difficult times. Knowing the severity of stress is an additional factor to keep in mind. For example, feeling stressed may be so overwhelming that it results in negative impacts on your daily life and well-being. In such difficult times, you can indeed reach out for support.

Other than my family, is there anyone to talk to for mental health support?

There are other outlets for support other than family which includes friends, teachers, or school counselors. However, there are professional options you can explore such as support hotlines as well as psychologists and therapists. You can also seek help on our website by scheduling an appointment at:
<https://letstalk.pairacademy.org/register.php>



How do I know when to seek professional help?

You do not need to have severe symptoms to look for help. Mental health counselling and therapy is not only a form of treatment but also serves as a precautionary method when you are going through troubling times. However, the most urgent time to get professional help is when stress or anxiety become overwhelming to the point where you're unable or unwilling to go about daily life. This can be seen when thoughts of self-harm are prevalent as well as sudden shifts in moods or behavior towards yourself and loved ones. Further examples are a dramatic increase in feelings of isolation and a consistent feeling of discouragement to overcome stressors. At times like this, it is important to remember that help may be just a call away.



How do I support a friend suffering from issues such as stress and anxiety?

People suffering from issues with mental health may react in a variety of ways, so it is important to always maintain composure when initially discussing the topic with them. It is important to make them feel comfortable by building a safe space for them by being nonjudgmental and understanding. The severity of these issues may be intense, so it is a good idea to have a lot of time and empathy for your friends as well as allow them the space to tell you more on their own terms. Additionally, encouraging friends to discuss with professionals or other friends and family is another helpful way to get the support that they may need.



Are there any mental health resources online?

A variety of platforms and mediums exist for mental health support as seen through hotlines, websites, and other means of communication with professionals online. Let's Talk is one such source for mental health support that is easily available and can be booked online.

