

# Is stress getting you down? You are not alone!

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It is common to feel stressed every now and then. On the positive side, having some stress gives us a chance to build skills to cope with the “curve balls” of life. The key is to get help when you need help.

Developing strong mental health gives us an ability to cope better in difficult times. Right now, with the current economic turmoil, it is especially important to take the time and invest in yourself.

Most people that get appropriate help for mental health problems will improve, and go on to leave productive and fulfilling lives. Help does work.

You can make improvements in your mental health right now.

- Financial worry is consistently reported as a major stressor for people, and even more so recently.
  - Financial Advisory Services are available to all University of Alberta staff through Human Solutions. This can include money management, debt counseling and budget planning.
  - Taking Control of Your Money E-course
- Manage stress and take constructive actions to control situations before they become a crisis.
  - Seek assistance from a professional (doctor, psychologist, counselor) to prevent problems from growing
  - Take a look at what you *can* control and those things that realistically are out side of your control.
  - A variety of E-courses are available through Human Solutions (e.g. Resilience, Taking Control of Stress, Mood and Anger)
- Invest in your mental health by taking time for you.
  - Visit with friends and family
  - Go for a walk, get fresh air and exercise everyday
  - Read a book, listen to music
  - Eat healthy
  - Work at getting a good sleep
- Invest in your Family. Pay attention to the mental health of those close to you. When we are feeling stressed chances are those around us are as well.
  - Share a meal together
  - Take the time to be there for each other
  - Listen and be open to each other

Additional information on the **Facing Facts: De-stigmatizing Mental Illness** campaign is available on-line. For the most recent information please visit our website regularly at [www.virtualwellness.ualberta.ca](http://www.virtualwellness.ualberta.ca).

## Contact Information:

### Staff:

Human Resource Services  
Phone: 492-7124  
[www.hrs.ualberta.ca](http://www.hrs.ualberta.ca)

Employee and Family Assistance Program  
Phone: 780.428.7587  
[www.hrs.ualberta.ca/efap](http://www.hrs.ualberta.ca/efap)

### Postdoctoral Fellows:

Postdoctoral Fellows Assistance Program  
Phone: 780.428.7587  
[www.hrs.ualberta.ca/pdap](http://www.hrs.ualberta.ca/pdap)

### Students:

Counseling & Clinical Services  
Phone: 780.492.5205  
[www.uwell.ualberta.ca](http://www.uwell.ualberta.ca)

Graduate Student Assistance Program  
Phone: 780.428.7587  
[www.hrs.ualberta.ca/gsap](http://www.hrs.ualberta.ca/gsap)