**StressLESS**

**POCKET TOOL KIT**

—Less Stress/More Life—

**Tips for Combating Stress**

By changing the way you deal with stress, you can reduce its hold on your life. Here are a few suggestions:

- Learn how to say "no," and take on only what you can realistically handle.
- Change the situation to reduce future stress.
- Accept what you can’t change.
- Take a break before responding.
- Walk, run, swim or garden, listen to soothing music, meditate, get a massage.
- Ask for help from family and community.

**Community Resources**

Reaching outside our personal circle can help us understand and resolve our situation.

**General help**

211 or [www.auw211.org](http://www.auw211.org)

**Crisis support (24/7)**

1-800-753-6879

**Domestic violence (24/7)**

579-9581

**Community Clinic of Maui**

871-7772 or 667-7598

**Legal Aid Society**

1-800-499-4302

**Maui Food Bank**

243-9500

**Feed My Sheep**

872-9100

**Overeaters Anonymous**

879-3711 or 878-4058

**Homeless Resource Ctrs.**

242-7600 or 662-0076

**Family Life Center**

877-0880

**Maui Adult Day Care Ctr.**

871-5804

**Adult Protective Services**

243-5151

**Child Protective Services**

243-5145

**Maui Youth & Fam. Shelter**

579-8406

**MEO, Inc. (rent assistance)**

249-2970

**Goodwill Job Connections**

871-4143

**Maui Family Support Services**

242-0900

**Child & Family Services**

877-6888

**MPD Juvenile Counseling**

244-6480

**Aloha House** (substance abuse)

579-9584

**Sexual Assault Hotline**

873-8624

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**What is Stress?**

Stress is what you feel when you have to handle more than you comfortably can. When you are stressed your body responds as though you are in danger. It may make hormones that speed up your heart, make you breathe faster or give you a burst of energy.

Some stress is normal and even useful, in case you need to work hard or react quickly. Stress that happens too often or lasts too long can have bad effects. According to a report by Harvard Medical School, 60-90% of doctor's visits involve stress-related complaints. Thus, excess stress may be at the root of many illnesses, including damage to the cardiovascular and immune systems and to mental health, adding emotional impairment to physical ailments.

**Common Symptoms of Stress**

If you are experiencing any of the following, it could be a sign that stress is affecting you:

- Frequent headaches
- Confusion
- Frequent colds or flu
- Sleep problems
- Tearfulness
- Worry or anxiety
- Overeating
- Frustration
- Unexplained aches or pains
- Lack of sex drive

**Common Causes of Stress**

The causes of stress are numerous and highly individual. External events and internal conditions can cause stress.

Ask yourself, am I experiencing...?

**A major life event such as:**

- Marriage or divorce
- Family obligations
- Illness or injury
- Money worries
- Death of someone close
- Job dissatisfaction
- Moving to a new home
- Social isolation
- Job loss

- Time pressures

**Internal causes of stress**

- Feeling uncertain and worried
- Trying to be perfect
- Putting yourself down
- Not standing up for your rights
- Feeling like nothing works out right

Consult your physician when you have concerns about your health.