

# Stress



**Many people cope with stress by smoking, drinking too much alcohol and over-eating.**

This can increase your risk of high blood pressure, cardiovascular and respiratory diseases.

## Signs of Stress:

- **Sleeping problems**
- **Loss of appetite**
- **Sweating**
- **Difficulty concentrating**

Using positive coping techniques can help you manage stress and improve your wellbeing.

**Take 5:** 'Be Active', 'Give' to others and yourself, 'Connect' with friends and family, 'Keep Learning' and 'Take Notice'.

For advice and support on how to manage your stress, visit [www.nichs.org.uk](http://www.nichs.org.uk)

