

It is Okay to Not Feel Okay

It's normal to feel anxious or experience higher levels of stress during uncertain times, or after a significant or critical event in your life. For some people, the stress may come later or not at all. All of us experience stress a little differently. Try not to avoid, ignore or suppress these reactions. It is your body and brain's way of processing what is happening and giving you clues of what we might need.

What are the Common Signs and Signals of a Stress Response

Everyone's reaction to stress is unique but there are [common signs and signals of stress](#) that you may experience. Knowing what these are can help you normalize your reactions and those of people around you.

The key is to notice how stress shows up in your life. One place to start is with adding a regular check-in with yourself to your routine. Try asking yourself:

1. What is happening in my body when I am stressed?
2. What do I notice about my thoughts when I am stressed?
3. What do I notice about my emotions when I am stressed?
4. What do I notice about my behaviour when I am stressed?

What do I do if I am having a stress response?

Recognize that is completely normal. It sounds simple but the best place to start is to be patient with yourself, practice self care and stay connected to your support system. Most of us have 3-4 coping strategies that work well for us during times of stress. Try asking yourself:

1. What are my positive coping strategies that I use regularly? How often do I use these?
2. Are there coping strategies that work well when I am under stress?
3. Are there things that make the stress worse?
4. Who can I reach out to for support if or when I need it?
5. Are there any negative coping strategies like substance use I need to keep an eye on?

Should you be experiencing a crisis or thoughts of harm to self or others please go to the closest hospital Emergency Department, call the [AHS Mental Health Help Line](#) 1-877-303-2642, Homewood Health 1-800-663-1142, or the City Chaplain 780-496-7863 for further assistance.

Other Information and Resources

[Mental Health Resources and Supports](#)

[Recent Updates from Homewood Health - Employee and Family Assistance Program](#)

[Homewood Health - Employee and Family Assistance Program FAQs](#)

[Caring for Yourself and Others in Times of Uncertainty](#)