



# stress & violence

[www.weekwithoutviolence.ywca.org.au](http://www.weekwithoutviolence.ywca.org.au)

Stress is the way you react physically & emotionally to just about everything that happens to you or around you. Stress affects people differently, & different things can cause people to be stressed. When people are experiencing stress they are often more likely to be aggressive, angry, irritable & this adds to violent behaviours in our community.

## **What causes stress?**

Anyone can feel stressed & it can be caused by almost anything. Some common factors which may cause stress relate to employment, unemployment, relationships, studying & chronic illnesses.

## **How can I tell if I am stressed?**

Look for these warning signs: headaches, insomnia, quickened breath, sweating, heart beating faster, feeling sick, worrying, getting angry easily, frequent illnesses, aches & pains, anxiety, confusion, lack of concentration, forgetfulness, tension, exhaustion, lack of control.

## **What can I do to alleviate stress?**

Take time out – or make time out! Do some exercise such as walking, running, or going to the gym. Spend time with friends – go out to dinner, the movies or just down to the beach. Relax – use some relaxation techniques such as deep breathing, stretching, & listening to music, yoga, meditation or massage.

If you see these signs in your friends & family ask them whether they are suffering from stress - & give them support by listening to them

## **Where can I get more information?**

If it's really getting to you talk to a counsellor or doctor. Or visit these sites for more info: Reachout – [www.reachout.com.au](http://www.reachout.com.au) Urge (youth site from New Zealand) - [www.urge.org.nz](http://www.urge.org.nz)

**Imagine a week of open minds not closed fists  
– let's make it a reality**

