

Life Smart: Stress Solutions



What is stress?

Stress is a natural reaction to any change where an adjustment or response is required. The body reacts through physical, mental or emotional responses. Stress may result when life or work related demands exceed the perceived internal and external resources required to satisfy the need. When experiencing stress, our bodies release hormones, adrenaline and cortisol increasing our blood pressure and heart rate providing the energy needed to fight or flee from crisis scenarios. Without adequate stress in our lives, we are likely to feel less motivated, and are often unenthused. We may lack the necessary reasoning to pursue personal goals and may find difficulty enjoying simple pleasures and the enthusiasm to start living life to its fullest. In contrast, having too much stress will manifest in physical, mental, and emotional ailments with feelings of anxiousness and pressure.

Stress Solutions consists of one to three telephonic sessions with a coach. Sessions include, but are not limited to, discussions surrounding psychoeducation, information

about the cognitive aspects of stress, and connections between thoughts and feelings. Stress Solutions may also involve directing the client to counselling, other specialized programs, or available services within the community. Additionally, sessions will encompass coaching on stress management, lifestyle, priority management and tools such as meditation and relaxation techniques as well as programs and articles found on Homeweb.ca.

Coaching vs counselling

Life Smart services are based on a psychoeducational model. This differs from counselling in some ways:

- More directive, recommending evidence-based strategies.
- Provides information, rather than solely emotional support.
- Provides clarity around a situation, enabling client to leave sessions with a plan in place, and new insight into how to help their situation.

Need more information or assistance? All calls are completely confidential.

1-800-663-1142 | TTY: 1-888-384-1152 | International (Call Collect): 604-689-1717

Numéro sans frais - en français : 1-866-398-9505

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