

Managing Stress and Anxiety

Audience: Everyone

Remember the risks:

- Stress can contribute to health problems if it's left unchecked.¹
- Feeling stressed can make it difficult to control your emotions and can affect how you interact with family, friends and co-workers.²
- Long-term or chronic stress can lead to feelings of anxiety such as excessive worry, fear and nervousness.³
- Excessive stress can result in changes in behavior such as excessive eating and using substances.¹

What you need to know:

- Canada Post recognizes that mental health and well-being is as important as physical health and safety.
- Stress affects everyone and not all stress is bad. Stress can help us feel motivated.³
- Over time, continued strain on your body from negative stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.⁴
- Signs of anxiety and negative stress include weight gain or loss; mood swings; increased substance use.¹

What you need to do:

- **Find support:** If you are feeling overwhelmed or need help, try chatting with a co-worker, your team leader, a friend or family member who may be able to help you find some solutions.
- **Set goals and priorities.** Make a do to list, prioritize and decide what must get done now and what can wait.
- **Make self-care a priority.** Establish a daily routine that could include taking breaks, making time for things that you enjoy and getting enough sleep.
- **Ask for help:** Confidential help is available through the Employee and Family Assistance Program at no charge. Homewood Health, or EFAP provider is available to help 24 hours a day, 7 days a week: 1-866-565-4903.
- **Check out additional resources:** Our [Keep Wellness in Mind website](#) also has additional information for team leaders and employees on managing stress and anxiety, including tips from experts, training and other resources. This site also has helpful information on how to support your overall mental and physical well-being.



1. Mayo Clinic: Healthy Lifestyle: Stress Management: Stress symptoms: Effects on your body and behavior: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987#:~:text=Common%20effects%20of%20stress&text=Being%20able%20to%20recognize%20common,heart%20disease%2C%20obesity%20and%20diabetes>.
2. Livescience: Why Stress Makes it Harder to Control Emotions. <https://www.livescience.com/39177-stress-emotion-control.html#:~:text=Experiencing%20mild%20stress%20in%20everyday,emotion>
3. NIH: US National Library of Medicine: Medline Plus: Trusted Health Information for you: Stress and your health. <https://medlineplus.gov/ency/article/003211.htm>
4. NIMH:HIN:Mental Health Information: 5 Things you should know about stress. <https://www.nimh.nih.gov/health/publications/stress/index.shtml>