

HOW TO MANAGE STRESS

Stress is an ongoing part of life. Stress can work as a motivating factor to help you better prepare for work or personal events. For people with schizophrenia, stress can be disabling and trigger other symptoms.¹

Signs of stress

The effects of stress on a person living with schizophrenia include,¹

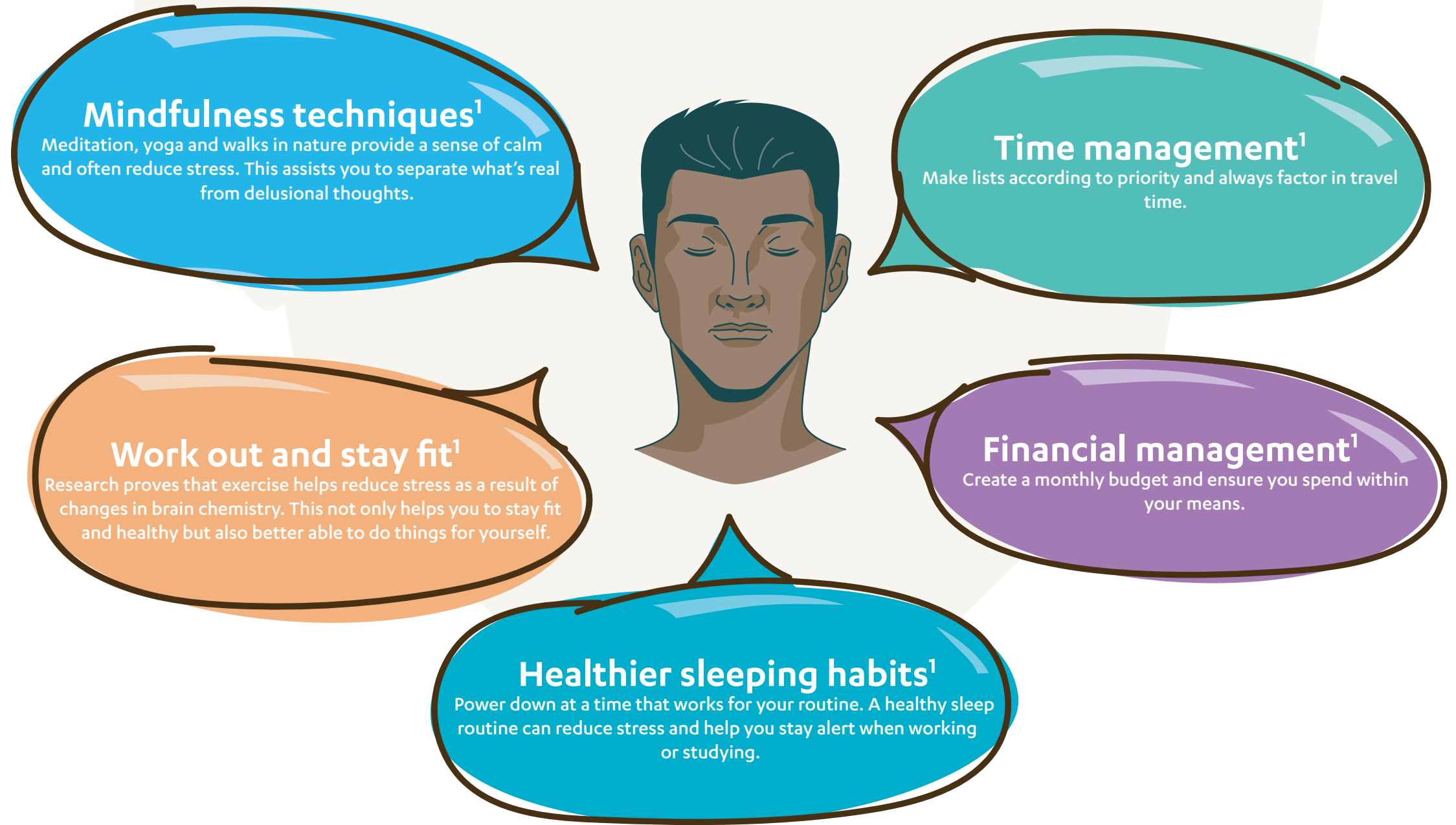
-  Nail-biting
-  Difficulty concentrating
-  Lack of libido
-  Loss of interest in social contact, leading to isolation
-  Dry mouth and grinding teeth
-  Loss of appetite

Causes of stress

Stress can be caused by many factors, such as,¹

-  Changes to work or home environments
-  Events that cause additional pressure
-  Relationship difficulties
-  Matters that you don't have control over, such as debt

How to manage stress¹



If you or a loved one is struggling with symptoms of schizophrenia, consult a doctor. There is a monthly injectable that manages symptoms and allows you to live a fulfilled life.

References:
¹. <https://livingwithschizophreniauk.org/coping-with-stress/>