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

Mindfulness techniques¹

Meditation, yoga and walks in nature provide a sense of calm and often reduce stress. This assists you to separate what's real from delusional thoughts.



Time management Make lists according to priority and always factor in travel time.

Work out and stay fit

Research proves that exercise helps reduce stress as a result of changes in brain chemistry. This not only helps you to stay fit and healthy but also better able to do things for yourself.

Financial management¹
Create a monthly budget and ensure you spend within your means.

Healthier sleeping habits¹

Power down at a time that works for your routine. A healthy sleep routine can reduce stress and help you stay alert when working or studying.

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.