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Feeling stressed? You're not alone

Many people are feeling more stressed these days, and it's not hard to understand why. Ongoing world events, daily responsibilities, and personal changes can take a toll on our mental well-being. Stress is a natural reaction, but when it builds up, it can affect your sleep, mood, energy levels, and even your physical health.



The good news is that, for most people, small steps can make a big difference for most people. Spending time outside, getting physical activity, limiting how much news or social media you consume, and staying connected with people you trust can help reduce stress. You don't need to face things alone. There are resources and support systems available to help you feel more in control and supported. It is also important to recognise that sometimes it's more than too much stress. Some conditions like generalized anxiety disorder may have similar symptoms, and it is important to talk about this.

Take a moment to check in with yourself. Your mental health matters just as much as your physical health.

Not sure where to
start? Visit this
helpful [Canadian
resource](#).