

# Stress and IBD

No one is stress free all the time, but ongoing problems can take a real toll on our well-being.

Stress and emotional well-being can affect many areas of your life:

- Work, school, or home life
- Relationships with others
- Sleep
- Appetite
- Energy levels
- Ability to think clearly or make decisions
- Physical health
- Life satisfaction and more...

Ongoing stress, worry, or sadness can lead to significant difficulties in physical health, relationships, finances, work, and school.



## Managing Pain, Anxiety, and Stress

Balancing work or school and other activities may be increasingly hard if you are also trying to deal with the stress, anxiety, and pain from IBD. Luckily, there are tools to help you manage and decrease the anxiety and stress in your life.

## Ways to Reduce Stress

- ✓ Relax your body and mind
  - Write about anything!
  - Talk with close friends or family
  - Do something you enjoy!
  - Focus on the present
  - Exercise
  - Practice breathing exercises
- ✓ Maintain healthy eating
- ✓ Join support groups
- ✓ Seek counseling or therapy

Here are a few signs that may indicate that you should talk to someone:

- Sadness
- Isolation/withdrawal
- Lack of interest in activities that you usually enjoy
- Tiredness/irritability
- Difficulty concentrating
- Changes in performance (like at school)
- Thoughts about harming self or others

**If problems persist over time or if others involved in your life are concerned, consider seeking a consultation with a psychologist or a trained mental health professional.**