

NEWS RELEASE
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For immediate release

When Overwhelmed by the Stress of a Flood – There is Help

Sunrise Health Region wishes to remind residents of the warning signs of stress and that the health region has resources to assist when stress threatens your health.

Throughout the Sunrise Health Region, residents are being faced with challenging times and the recent wet weather and flooding adds to worry. Sometimes day-to-day pressures can make it difficult to cope and stress can put great pressure on an individual and the family.

Many people experience feelings of isolation, loneliness, sadness, emotional distress or a feeling of disconnection when facing these stressors. These feelings are normal reactions to difficult situations and are usually short term. People learn to cope with these feelings just as we learn to cope with other difficult situations that we may encounter, but sometimes we surpass our ability to cope with stress.

Some warning signs that stress may be beyond our normal ability to cope include: increased heart rate, rapid breathing, tense muscles, heightened blood pressure, sleep and appetite problems, irritability, increased use of substances and a lack of concentration. If someone does not seek help, they are at risk of depression. Most people with depression can be successfully treated.

It is important to realize that depression is an illness and not a weakness of character.

There are many healthy ways to deal with stress including:

- Sharing your situation openly and honestly with family members. Ignoring the problems or hiding your feelings is unhealthy. Ask for help from family members, friends or neighbours.
- Accepting that some things cannot be changed. Learn to distinguish between things you can and cannot control.
- Eat right, exercise and try to get enough sleep.

- Don't use alcohol or other substances to deal with problems. This can lead to other problems in your life.

If you are experiencing any of the above symptoms:

- Talk to your family doctor.
- Contact Sunrise Health Region Mental Health Services at 786-0558. There are rural mental health clinics through the Sunrise Health Region in Canora, Kamsack, Preeceville, Foam Lake, Ituna, Melville, Esterhazy and Yorkton.
- The Sask Healthline can be contacted at 1-877-800-0002 for information on mental health and assistance available.
- All services are confidential.

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For more information, please contact:

Krista Just, Assistant Director of Communications, 306.786.0753