

# Understanding Stress

## What is stress?

When people immigrate to a new country, there are many challenges. This can include finding a new place to live, getting a job, enrolling in college, learning a new language and making friends. These stresses make it difficult for a person to manage work, study, relationships and other life responsibilities. Many new refugees manage these stresses by looking for professional help and community support. These services can help refugees develop better overall health.

## Early warning signs:

These differ from person to person, but some common signs are when a person's mood and/or behavior changes, suddenly or gradually. These changes in behavior can sometimes be a reaction to life events.

## Symptoms:

- Feeling sad
- Crying
- Nervousness and worry
- Anger outbursts
- Headaches
- Memory and concentration problems
- Sleep problems

## Treatment and Recovery:

There are treatment services that specialize in assisting refugees manage these stresses. You can receive services to help you develop coping skills, access your strengths, build your social network. With appropriate care, people can recover from stress.

## Things to Remember:

- Refugee stress is very common.
- Anyone can suffer from emotional problems at least once in their lives.
- Stress can be treated.