CLARITY SINGAPORE

What Is Stress?

Stress happens when a situation simply feels too much to handle. This triggers an immediate reaction in our mind and body, which over time can lead to physical and mental health problems.

Signs You Need a Time Out

MENTALLY

- Feeling overwhelmed
- Mental fatigue
- Heightened self-criticism
- Feeling unable to relax

PHYSICALLY

- Headaches or migraines
- Changes in sleep patterns
- Digestive issues
- Increased use of substances



What Can You Do?

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For Yourself

Build a support network
Connect with people who listen and support you during stressful times.

Practise relaxation
Techniques like deep breathing help calm the mind and body.

For Others

Be there for them
Let the person know that you are available to support them. Check in with them regularly to see how they are doing, and if there is anything you can do to help.

Connect with us!
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