



Institut für Sinnes- und Sprachneurologie  
**Gesundheitszentrum für Gehörlose**  
Konventhospital Barmherzige Brüder Linz

Outpatient clinic for the Deaf

Bischofstrasse 11, A-4021 Linz, Austria  
Tel: ++43 732 7897 24900  
Fax: ++43 732 7897 24979  
e-mail: [johannes.fellinger@bblinz.at](mailto:johannes.fellinger@bblinz.at)  
website: [www.bblinz.at](http://www.bblinz.at)

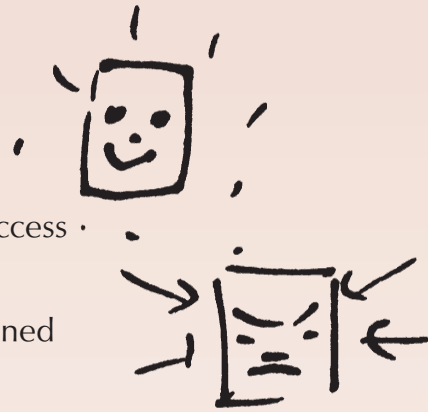
# STRESS

## What to do?



## Everyone knows stress.

Stress can be good or bad.



**Good stress** e.g. experiencing success

**Bad stress** e.g. feeling very strained

- If the stress situations are **short** and is relieved through leisure activities, the stress will not be harmful.
- If the stress lasts for a **long** time it is detrimental to the body and can cause diseases.

## What to do when stressed?

- Try to find a healthy life pattern.



- Plan frequent breaks e.g. with relaxing exercises

- Physical exercises (e.g. walking, jogging)

- Talk to good friends about the pressure you experience.



## PERSONAL NOTES

- What is GOOD stress for me?

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- What is BAD stress for me?

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## What do I do when I am stressed?

- What is my life pattern?

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- When do I have breaks?

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- What kind of physical exercises do I use?

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- What good friends do I have?

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