

The Stress of Life



Life is full of wonder. Sometimes the wonder can be exciting, and other times very difficult. Stress is often a result of a person's attempt to manage the changes and challenges of life. Mark any of the following changes that may be causing you stress:

- Death of family member, or friend
- Divorce
- Marital separation or difficulty
- Injury
- Health change
- Job change
- Retirement
- Pregnancy
- Business changes
- Gain of family member
- Marriage
- Financial changes/ responsibilities
- Change in school/ going back to school
- Change of social network
- Tensions in family/friend/work relationships

Having family and friends to support you in times of change is important. Yet, sometimes outside help can be beneficial. If the stress impedes on your ability to handle your workday, school day, home life, self care, or manage your relationships, counseling may be something that can help as you try to adjust and cope. Hansen & Associates can be there for you.

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