

STRESS

Stress is a physical condition that affects most people at some point in their lives. Stress can bring on a wide range of physical, mental and behavioral conditions. Stress can be caused by problems at home, work, moving to a new city, losing a loved one or everyday life.

Symptoms and Side Effects of Stress

- Feeling Overwhelmed
- Heart Disease
- Anxiety, Depression, Loneliness
- Complicating Diabetes
- High Blood Pressure
- Asthma
- Headaches
- Infertility
- Changes in Weight
- More likely to get Sick
- Difficulty Concentrating
- Increased use of Drugs

Suggestions for Dealing with Stress

- Limit the amount of alcohol and caffeine you use
- Get at least 8 hours of sleep a night
- Ask others for advice on how they deal with stress on a day to day basis
- Speak to a doctor about relaxation tips or ways to cope with your stress
- Set aside time during the day to stop and relax
- Keep a daily journal that you can record thoughts and emotions in
- Create a list of stressors and decide which is most important
- Work on each stressor one by one
- Try to anticipate situations that may be stressful
- Be flexible when dealing with situations that are out of your control

Life will always be stressful, but by using these suggestions, and talking to your doctor you will be able to manage life's challenges more effectively.

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