



STRESS

Stress is the body's way of responding to any type of demand or threat in order to protect us. When working properly, stress can help us stay focused, energetic, and alert. However too much stress can have negative effects on our bodies, and can increase not only our risk for health-related issues, but also safety incidents.

WHAT IS STRESS?

- Brain's response to any demand.
- Reaction to harmful situations whether they're real or perceived.
- **A physical, mental, or emotional factor that causes bodily/mental tension.**
- Stress can initiate the "fight or flight" response. When you feel threatened your body's response is to protect you.

Stress means different things to different people. What causes stress in one person may not cause stress in another.

WHAT CAUSES STRESS (*common stressors*)

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|-----------------|-------------------|-----------------|
| • Money | • Health | • Major Changes |
| • Job | • Safety/Security | • Family |
| • Relationships | • Fatigue | |

STRESS SIGNS AND SYMPTOMS (*not a complete list*)

<p><u>Emotional:</u> Easily Frustrated Easily Agitated Difficulty Relaxing Anxiety or Panic Depressed Avoiding Others Loneliness</p>	<p><u>Physical:</u> Low Energy Headaches/Nausea Aches & Pains Rapid Heartbeat Trouble Sleeping Frequent Colds Nervousness Cold Sweaty Hands</p>	<p><u>Behavioral:</u> Worrying/Negativity Forgetfulness Inability to Focus Poor Judgment Appetite Changes Use of Alcohol, Drugs, or Cigarettes</p>
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WHY PREVENT STRESS?

Stress increases our risk of:

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| • Depression | • Stroke | • Infertility |
| • High Blood Pressure | • Heart Attack | • Viral Infections |
| • Heart Disease | • Type 2 Diabetes | • Digestive Disorders |

UNHEALTHY WAYS OF COPING WITH STRESS

- Smoking and or drinking too much
- Overeating or under eating
- Procrastinating
- Hours in front of the TV or computer
- Withdrawing from friends and family
- Using pills or drugs to relax
- Sleeping too much or barely sleeping
- Taking out your stress on others

STRESS MANAGEMENT TIPS

#1 Avoid unnecessary stress

#2 Alter the situation

#3 Adapt to the stressor

#4 Accept the things that you can't change

#6 Adopt a HEALTHY LIFESTYLE

HEALTHY WAYS TO RELAX AND RECHARGE: (Ideas)

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| ✓ Go for a walk. | ✓ Cup of coffee or tea. | ✓ Read a good book/magazine. |
| ✓ Spend time in nature. | ✓ Play with a pet. | ✓ Listen to music. |
| ✓ Call a good friend. | ✓ Work on your garden or car. | ✓ Watch a comedy. |
| ✓ Exercise. | ✓ Get a massage. | ✓ Meditation/Yoga. |
| ✓ Take a long bath. | | |

We all need to find balance in our lives!

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