

STRESS

The Basics

What is stress?

Stress is an emotional and physical reaction to a physical, psychological, or emotional demand.

We all show stress in different ways.

Some stress is good; it motivates us to turn in our paperwork on time.

Too much stress is not good and can have short-term and long-term effects on our health.

What are some symptoms of stress?

Increased heart rate and blood pressure, feeling tense, irritable, fatigued, or depressed.

Lack of interest, inability to concentrate, racing thoughts, and too much worry.

Avoidance behaviors: excessive alcohol, cigarette smoking, and drug use.

What are some causes of stress?

Expectations we place on ourselves.

Expectations of others.

Our physical environment: noise, room size, crowding.

Our internal environment: work pressure, frustration, not enough time.

What are ways to manage stress?

Practice effective communication: *State feelings in a clear way (for example, "I feel angry when you yell at me.")*.

Establish "me time": *Make time to enjoy hobbies.*

Practice specific stress reduction techniques: *Learn relaxation techniques such as deep breathing, muscle relaxation, and meditation.*

COMING SOON MORE STRATEGIES TO REDUCE STRESS...

