TAMPA CITY PULSE
WHERE EVERY HEARTBEAT COUNTS

STRESS & ANXIETY

HOW ARE STRESS & ANXIETY DIFFERENT?

By definition, anxiety and stress are categorized by separate feelings. The stress we experience in our day-to-day lives is associated with frustration and nervousness, while anxiety often comes from a place of fear, unease, and worry.

EFFECTS OF STRESS ON YOUR BODY

Stress plays an important role in the body's natural response to situations, but negative stress over time can create both psychological and physiological issues. Everyone can be affected by stress regardless of age, gender, or circumstances.

Stress can affect your health in many ways:

Emotional Distress
Some combination of the three stress emotions — anger (or irritability), anxiety, and depression

Muscular Problems
Including tension headaches, back pain, jaw pain, and muscular tension

Stomach, Gut, and Bowel Issues
Heartburn, acid reflux, flatulence, diarrhea, constipation, and irritable bowel syndrome

Physiological Responses
Elevation in blood pressure, rapid heartbeat, sweaty palms, dizziness, migraine headaches, shortness of breath, and chest pain

TIPS FOR REDUCING STRESS

Get Moving — Moving and stretching will help get your blood pumping, which releases endorphins and can improve your mood almost instantaneously.

Let Go — Trying to control a situation can create more stress, so work towards improving what you can and letting go of what you cannot.

Try Meditation — Meditation can restore your calm and inner peace. You can also simply take deep breaths when you're in a stressful situation.

Sleep It Off — Allow for 7-8 hours of restful sleep per night.

Eat Right — Picking a nutritious snack of fruits, veggies, or nuts can make all the difference in reducing the symptoms of stress.

Seek Support — If you feel your acute stress has led to chronic stress or anxiety and is interfering in your daily life, seeking professional assistance may be necessary. Reach out to your CareATC provider or a mental health professional.

Want to schedule an appointment?
Log in at **patients.careatc.com** or call **800.993.8244**

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