

STRESS

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 stomach, 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

- 1. Get Moving** — This doesn't mean you need to lift weights or do a Zumba class. Just moving and stretching will help get your blood moving, which releases endorphins and can improve your mood almost instantaneously.
- 2. Take Control** — Trying to control a situation can create more stress, so work towards improving what you can and letting go of what you cannot.
- 3. Meditation and Breathing** — Meditation can restore your calm and inner peace. You can also simply take deep breaths when you're in a stressful situation. When you take a breath, draw a deep breath in and out through your nose.
- 4. Laugh More** — Laughter releases endorphins that improve mood and decrease levels of the stress-causing hormones cortisol and adrenaline.
- 5. Sleep It Off** — As you know, stress can cause you to lose sleep. Unfortunately, not having enough sleep is a key cause for stress. Allowing for 7-8 hours of restful sleep per night.
- 6. Eat Right** — Stress levels and a proper diet are closely related. Picking a nutritious snack of fruits, veggies, or nuts can make all the difference in reducing the symptoms of stress. Herbal tea verses a caffeinated beverage may also be a good alternative.
- 7. Connect With Others** — It is important to have loved ones and friends available, by offering a reassuring voice they can help put things in perspective.
- 8. Seek Support** — If you feel your acute stress has led to chronic stress and is interfering in your daily life, seeking professional assistance may be necessary. Reach out to your Employee Assistance Program (EAP) or a mental health professional.



Want to schedule an appointment?

Log in at patients.careatc.com or call **800.993.8244**

Or use the CareATC mobile app! Search 'CareATC' in your Android or Apple app store. Download and log in using your patient portal username and password! Need help? Call 800.993.8244.

