



Stress Management

- Common pick-me-ups:
 - Sugar
 - Caffeine (Coffee, Coke, Chocolate)
 - Alcohol
 - Drugs
 - Tobacco

10% of our population is functioning in overstress right now.

Many feel “out of balance.” Overstress is treated by reducing your stress load!

Stop using pick-me-up's, lower your stress level and give your body a chance to rebalance itself.

- Symptoms of Stress:
 - Fatigue
 - Aches & Pains
 - Anxiety
 - Problems sleeping or staying awake
 - Lack of enjoyment of life
 - Depression
- Tips on how to “de-stress”:
 - Exercise
 - Eat more vegetables; take a multivitamin
 - Lighten your load: Learn to say “no”
 - See a counselor
 - Rest your mind. Some ideas are: Dance, meditation, yoga
 - Sleep regular hours
 - Postpone changes in your living situation
 - Visit your doctor if these don't work

More Information: www.teachhealth.com

What is stress? “The wear and tear our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings.”

How to manage stress:

- Become aware of your stressors and your emotional and physical reactions
- Recognize what you can change
- Build your physical reserves
 - Exercise 3-4 times per week
 - Eat well-balanced meals
 - Avoid excess nicotine/caffeine
 - Get enough sleep
- Maintain emotional reserves

- Develop supportive friendships/relationships
- Be kind to yourself

More Information: www.ivf.com/stress.html

Stress is America's #1 health problem

More Information: www.stress.org

Symptoms of Anxiety

- Weak all over?
- Rapid, pounding heart/palpitations?
- Tightness around chest?
- Hyperventilation?
- Periodic dizziness/sweating?
- Muscle tension, aches, or tremors?
- Chronic fatigue?

Emotions:

- Full of fears that I can't get out of my mind
- Worry excessively
- Feel uneasy and alone at most of the time
- Often feel isolated, lonely, down in the dumps, depressed
- No control over what happens to me
- Feel embarrassed, rejected, criticized

Note: Success lies in the budgeting of time.

More Information: www.troubledwith.com