

COPING WITH STRESS

3 out of 4 Americans experience at least one stress symptom each month. Where 45% report lying awake at night, 36% report feeling nervous or anxious, and 35% report irritability/anger.

STRESS IS A NATURAL PART OF LIFE



**WHEN STRESS IS NOT ADDRESSED, IT CAN AFFECT MANY PARTS OF YOUR LIFE
FROM PHYSICAL WELL BEING TO YOUR PRODUCTIVITY AT YOUR JOB**

IF YOUR STRESS IS CONSTANT, IT MAY BE TIME FOR SOME CHANGES

C O P I N G W I T H S T R E S S

What is Stress?

Stress can impact you in many different ways. You can feel stress when you have too much to do, or when you've had too little sleep. Also when you worry about money, your job or a loved one's illness.

People have very different ideas when it comes to the definition of **stress**.

Most people consider the definition of stress to be something that has negative impact on our mind and bodies. However, some types of stress play a positive role in our lives by increasing drive for example.

HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

SKIN

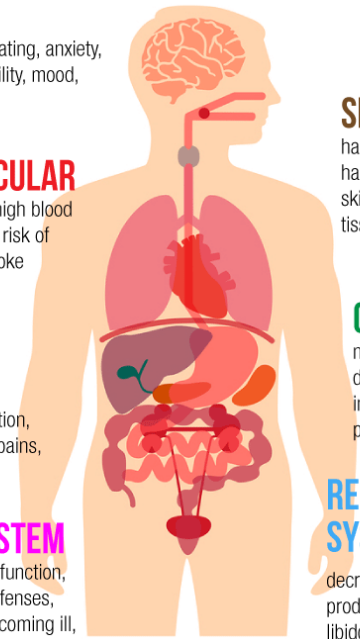
hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms



If you are experiencing these symptoms and they are impairing your quality of life, go seek professional help.

Graphic provided by adrenalfatigue.org

Types of Stress



When distress becomes a chronic condition, performance and health decline

Eustress

Stress in daily life that has **positive connotations** such as: marriage, promotion, baby, graduation, or winning a race

Acute Stress

Fight or flight. The body prepares to defend itself. It takes about 90 minutes for the metabolism to return to normal when the response is over.

Distress

Stress in daily life that has **negative connotations** such as: divorce, injury, financial problems, work difficulties.

Chronic Stress

This is the stress we tend to ignore or push down. Left uncontrolled **this stress affects your health**- your body and your immune system.

C O P I N G W I T H S T R E S S

How does stress effect your emotions?

The impact of stress is physical and emotional, here are common emotional effects of stress:

Depression

Anxiety

Irritability

Low Sex Drive

Memory and
Concentration
Problems

Compulsive
Behaviors

Mood Swings

Incorporate Stress Management Skills in Your Everyday Life

Take it one thing at a time
It's easier to focus with one task
than too many

Healthier Lifestyle

Rest, eat right,
exercise, and find a
balance between
work and life

Don't try to be a superhuman

Don't expect
perfection from
yourself - no
one is perfect

Hobbies

Take a break and do something
you enjoy!

Visualize

Use your
imagination to
manage stressful
situations

Meditate

Quiet reflection can bring relief

Share your feelings

Don't try to cope
alone. Seek
support and
guidance from
trusted ones.



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For Immediate Access to Routine or Crisis Services
Georgia Crisis & Access Line
1-800-715-4225
mygcal.com

This information was provided by the American Institute of Stress, American Psychological Association, and National Mental Health America.
For additional information, please visit www.stress.org or
www.mhawisconsin.org/ or www.apa.org