

# How to talk to your doctor about stress

You might talk to friends about stress. But what about your doctor? Tell your doctor if you have high stress levels. Stress can affect your health. Here's what to do:



Start with the basics.

Make an appointment with your doctor. Tell them about how you feel emotionally. Give them an idea of things that are causing stress.

 Stress may cause symptoms like diarrhea, headaches or chest pain. Mention anything you've been feeling, even if it seems minor or unrelated.

Talk about other health issues.

 You might get a referral to a counselor or mental health doctor. This can be enough to help you. In some cases, a person may need tests or medication.

Ask about options to help.

Source: American Academy of Family Physicians