

# Manage Stress

Stress is the body's response to changes and increased demands. Left unchecked, stress can lead to or worsen health problems.

## EMOTIONAL SYMPTOMS OF STRESS

- Excessive worry, anxiety, or nervousness
- Crying spells
- Feeling of hopelessness
- Sleep problems
- Withdrawal from friends, coworkers, and relatives
- Anger outbursts
- Seek professional help if you have one or more of these problems caused by stress.

## PHYSICAL SYMPTOMS OF STRESS

- Breathing and heart rate speed up.
- Muscles tense.
- Sweating occurs.
- Heartburn
- Back or neck pain
- Headaches

## DO STRESS REHEARSALS:

1. Write or state what you want to happen in the present tense.
2. Take a deep, relaxing breath. Create a picture of the event in detail (what you see, feel, smell, hear, and touch).
3. Picture the results you desire.
4. Pair positive emotions like joy or pride with your created, desired image.

## MORE WAYS TO MANAGE STRESS

- Maintain healthy habits. Eat healthy. Get enough sleep. Be physically active.
- Don't let your emotions get "bottled up." Share your feelings.
- Set goals you can achieve.
- Ask for help when needed.
- Avoid unnecessary arguments.
- Minimize your exposure to things that cause distress.
- Practice a relaxation technique daily.
- Spend time helping others.
- Balance work, family, and personal life.
- Do activities you enjoy and look forward to.
- Learn to have fun and laugh.
- Spend time in nature or watch nature videos.
- Accept the things you cannot change.
- Forgive yourself for mistakes.
- Be satisfied with what you have done. Don't dwell on what you can't do.
- Develop and maintain a positive attitude.
- Surround yourself with optimistic people. Avoid stress-carriers.

