Stress

AWARENESS...

Stress is your reaction to something you consider a challenge or a threat. When you are under stress your body begins to gear up for action. This makes you stronger and more alert, at least in the short term.*

In cases of extreme danger, this extra strength can save your life. Other times, it can help you get through a job or help you adjust to a major change, like the arrival of a new child.*

Your body tells you when you are under stress. Some of the signs to watch for are:

♦ Not hungry or over-eating
♦ Upset stomach
♦ High blood pressure
♦ Using more alcohol, caffeine, or smoking more
♦ Trouble sleeping
♦ Aches and pains

BEHAVIOR...

♦ Think about how you react to stressful events and make plans to deal with or avoid them.
♦ Get moving, be more active.
♦ Eat a balanced diet, five to nine fruits and vegetables a day.
♦ Talk with family and friends about the things that make you feel happy, sad, mad or scared.
♦ If you have children, try to plan some alone time.
♦ Trade baby-sitting with neighbors, friends or family so you can take a break.
If you feel stress is getting worse, get help!

♦ Talk to a trusted friend, family member, or your minister.

♦ Do something you enjoy to take your mind off your worries.

♦ Take occasional short breaks from your work*.

♦ Visit with people that make you feel good.

♦ Ask your doctor about counseling.

♦ Learn how to relax*.

♦ Ask about an Employee Assistance program at work.

♦ When dealing with a major problem, try to break it down into smaller parts*.

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*National Institute for Occupational Safety and Health