

# Health Bulletin

## STRESS

### WHAT IS STRESS?

Stress is your body's way of responding to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus.

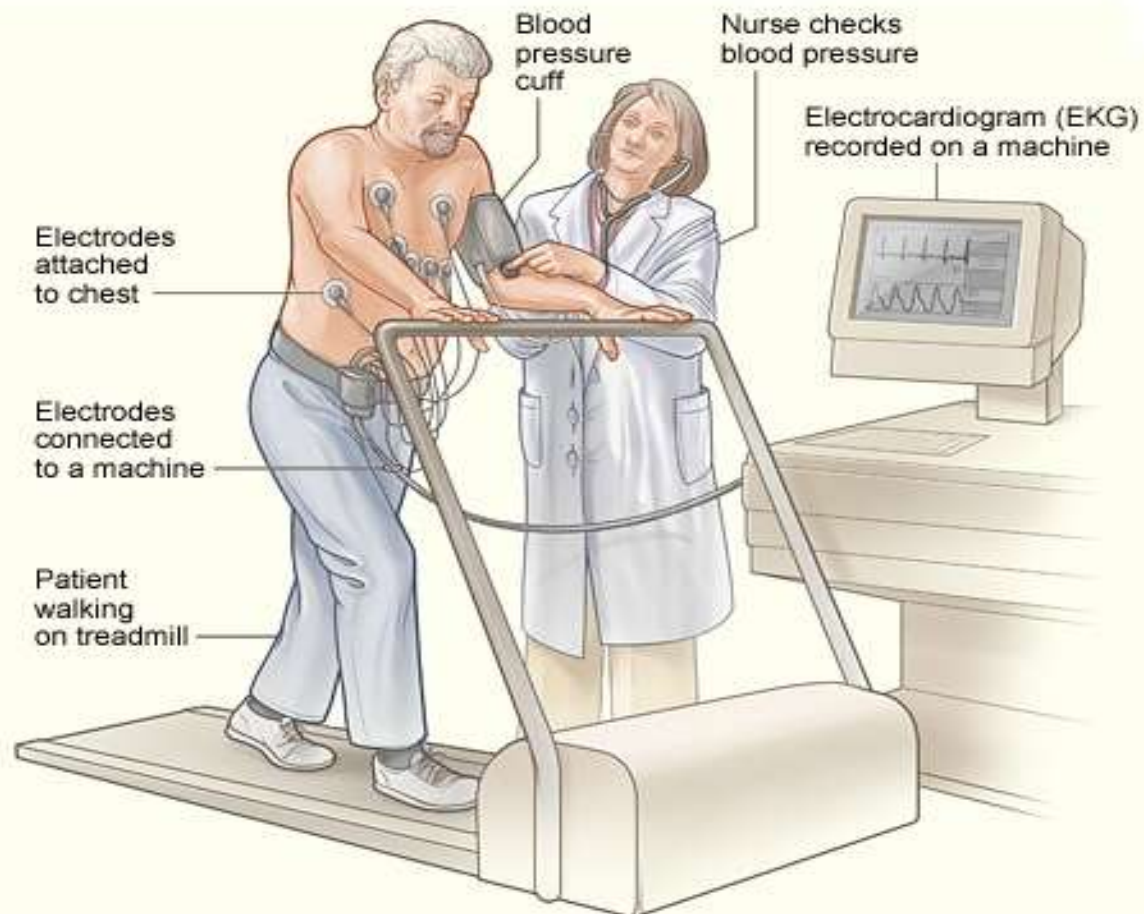


### EFFECTS OF STRESS

Stress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Suggests that stress also can bring on or worsen certain symptoms or diseases.

Stress also becomes harmful when people use alcohol, tobacco, or drugs to try to relieve their stress. Unfortunately, instead of relieving the stress and returning the body to a relaxed state, these substances tend to keep the body in a stressed state and cause more problems.

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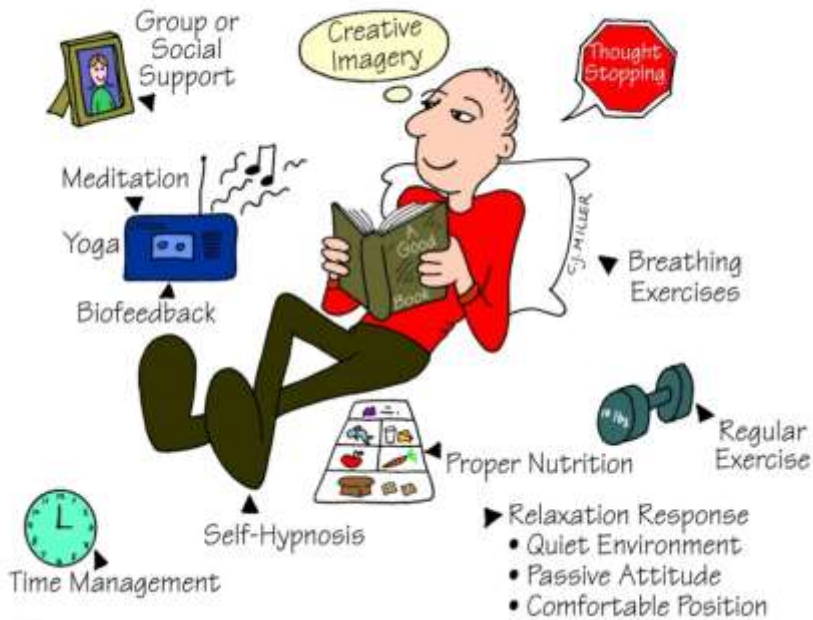


## STRESS REDUCTION METHODS

- Start your day early
- Make a list
- Accept the problem
- Care for yourself
- Meditate
- Just relax
- Don't multi-task
- Remove distractions
- Concentrate
- Question yourself
- Breathe well
- Eat well
- Exercise
- Enjoy your meal
- Sleep well

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## STRESS REDUCTION METHODS



## STRESS & HEALTH RELATIONSHIP

Stress may be affecting your life more than you realize! where you will learn how to identify stress and monitor its effect on your life. Then you will be empowered with relaxation Techniques to get that stress under control! Stress in health go hand & hand.

