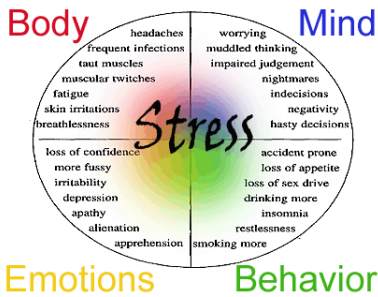


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Stress



What is stress?

“Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it’s real or imagined – the body’s defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the stress response.

The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you’re attempting the game-winning free throw, or drives you to study for an exam when you’d rather be watching TV.



The stress response is the body’s way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.”

-http://www.helpguide.org/mental/stress_signs.htm



Managing Stress

- Exercise
- Meditate
- Simplify your life
- Prioritize
- Stop multi-tasking
- Laugh
- Sleep

Resources for managing stress:

<http://psychcentral.com/blog/archives/2010/06/23/18-ways-to-manage-stress/>

http://www.mayoclinic.com/health/stress-symptoms/SR00008_D

How it’s affecting your body

Stress affects your body’s emotional, cognitive, physical and behavioral well being. Managing stress effectively is important to maintaining a healthy and balanced life. Some of the negative effects include: Frequent headaches, jaw clenching or

pain, heartburn, stomach pain, nausea, constant tiredness, weakness, fatigue, trouble communicating and even the potential for stroke.