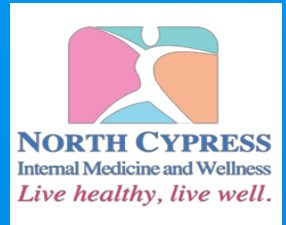


# Stress: What Can We Do About It?



## Stress: What Can We Do About It?

Stress is something that affects everyone at some point or another. The cause and manifestation of symptoms vary from person to person, but the fact that chronic stress is detrimental to health and well-being is true for everyone. Learning to recognize your sources of stress and develop stress management skills can go a long way in increasing your quality of life.

### Causes of Stress

**External stressors** are events and situations that happen to you. Some examples of external stressors include:

#### Major life changes

**Environment** (noise, crowds, etc.)

#### Unpredictable events

#### Workplace

#### Social/Relationships

**Internal Stressors** are those feelings and thoughts that pop into your head and cause you unrest. Some examples of self-induced stress include:

#### Fears

#### Uncertainty and lack of control

#### Beliefs, attitudes, opinions, and expectations

### Symptoms of Stress

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Stomach upset
- Sleep problems
- Anxiety
- Restlessness
- Lack of motivation or focus
- Irritability or anger
- Sadness or depression
- Overeating or under eating
- Angry outbursts
- Drug, tobacco, or alcohol abuse
- Social withdrawal

**Consequences of Stress:** A little stress every now and then is not something to be concerned about. Ongoing, chronic stress, however, can cause or exacerbate many serious health problems, including:

- Mental health disorders, such as depression, anxiety, and personality disorders
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke
- Obesity and other eating disorders
- Skin/ hair issues, such as acne, psoriasis, and eczema, and permanent hair loss
- Gastrointestinal problems, such as GERD and ulcerative colitis

### Living Stress Free

- Shift your perspective.** Embrace whatever life throws at you with gratitude. See the bigger picture and try to perceive what life is giving you instead of what is lacking. You choose the way you want to look at life. Most of the time, stress is made up by false beliefs and negative self-talk.
- Take care of yourself:** Make physical activity and a healthy, balanced diet a priority. It's a great way to improve health and reduce stress.
- Take a breath:** Deep breathing techniques reduce stress and focus the mind.
- Make a plan/stay organized:** Find a routine that works for you. Keep an updated calendar and write your tasks down.
- Relax:** Take time every week to do something you enjoy .

**Weekly Challenge:** Start with 8 tricep dips and add 2 dips everyday to work up to 20 by the end of the week.



**Dip Form:** Start seated with your feet flat on the edge of a sturdy surface such as a chair or a bench, place your hands (fingers facing forward and slightly over the edge) on the surface directly next to your hips. (See figure A). Engage your arms and push yourself forward so your hips/glutes are in front of the surface. Bend your elbows to lift and lower yourself in this position (See figure B). Focus on good form and slow and controlled movement.

