COPING WITH STRESS

3 out of 4 Americans experience at least one stress symptom each month. Where 45% report lying awake at night, 36% report feeling nervous or anxious, and 35% report irritability/anger.

STRESS IS A NATURAL PART OF LIFE

When stress is not addressed, it can affect many parts of your life from physical well being to your productivity at your job.

If your stress is constant, it may be time for some changes.
What is Stress?

Stress can impact you in many different ways. You can feel stress when you have too much to do, or when you’ve had too little sleep. Also when you worry about money, your job or a loved one’s illness.

People have very different ideas when it comes to the definition of stress.

Most people consider the definition of stress to be something that has negative impact on our mind and bodies. However, some types of stress play a positive role in our lives by increasing drive for example.

Types of Stress

- **Eustress**: Stress in daily life that has positive connotations such as: marriage, promotion, baby, graduation, or winning a race.
- **Distress**: Stress in daily life that has negative connotations such as: divorce, injury, financial problems, work difficulties.
- **Acute Stress**: Fight or flight. The body prepares to defend itself. It takes about 90 minutes for the metabolism to return to normal when the response is over.
- **Chronic Stress**: This is the stress we tend to ignore or push down. Left uncontrolled this stress affects your health—your body and your immune system.

Graphic provided by adrenalfatigue.org

If you are experiencing these symptoms and they are impairing your quality of life, go seek professional help.
How does stress effect your emotions?

The impact of stress is physical and emotional, here are common emotional effects of stress:

- Depression
- Anxiety
- Irritability
- Low Sex Drive
- Memory and Concentration Problems
- Compulsive Behaviors
- Mood Swings

Incorporate Stress Management Skills in Your Everyday Life

- **Take it one thing at a time**
  - It’s easier to focus with one task than too many

- **Don’t try to be a superhuman**
  - Don’t expect perfection from yourself - no one is perfect

- **Healthier Lifestyle**
  - Rest, eat right, exercise, and find a balance between work and life

- **Meditate**
  - Quiet reflection can bring relief

- **Visualize**
  - Use your imagination to manage stressful situations

- **Share your feelings**
  - Don’t try to cope alone. Seek support and guidance from trusted ones.

- **Hobbies**
  - Take a break and do something you enjoy!
This information was provided by the American Institute of Stress, American Psychological Association, and National Mental Health America.
For additional information, please visit www.stress.org or www.mhawisconsin.org/ or www.apa.org