

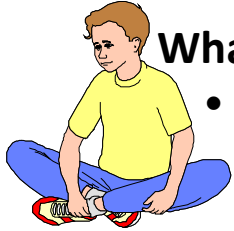
Stress

What Is It?

- **Stress**- endless demands on time, no time for yourself or others; anger, frustration, illness, meeting deadlines, birth, death, and is exhausting, can make you sick



What Are The Symptoms?



- **Symptoms**- heartburn, headache, muscle tension, pain, indigestion, insomnia, hair loss, fatigue, can even undermine the immune system with susceptibility to cancer, heart disease or infection, many skin conditions are related to stress, zaps energy and depletes time
- **Affects**- physical and emotional health

Information:

- Often times obesity and lack of exercise are caused by stress
- There is healthy and unhealthy stress
- **Healthy**-meeting deadlines, speaking in public
- **Unhealthy**-dealing with an alcoholic, drug addiction, worry



What Can I Do?

- **See your Health Care Provider**- for help with stress
- **See a Registered Dietitian**= about a healthy diet plan for you
- Don't skip meals, eat 3 meals and a bedtime snack daily, eat good healthy foods and don't under or overeat, drink lots of fluids, avoid caffeine and alcohol
- **See a Physical Therapist**- about an exercise program
- **Identify**- your stress factors and deal or eliminate them
- **Change**- your priorities, reorganize your life
- **Make Time for Yourself**- write feelings on paper, breathe deeply and relax, sit silently with your eyes closed and relax
- **Relaxation**- find out what relaxes you as being outside, being with friends, cooking, knitting, fishing, hunting, having a massage, traveling, driving, playing with your pet, reading, shopping, playing cards, chess, or any game

