

# Stress Management

## What Is It?



- **Learning to Cope**- control your situation, being productive, challenged, motivated, inspired, creative
- **Some of the Stressors**- death, divorce, job change, illness/injury, marriage, fired, financial, business, children, parents, sexual, change in residence, pregnancy, new home



## What are the symptoms?

- **Symptoms**- Fast heart beat, increased blood pressure, rapid breathing, increased perspiration/sweating, muscle tension, increased blood sugar, dilation of pupils to enhance vision, blood flow to muscles and tissue (cold hands and feet), increased blood clotting, butterflies in your stomach, excitement or a BURST OF ENERGY, overwhelmed, heartburn, overeating, under-eating

## Information:

- **Stress**- increases risk for heart disease, increases cholesterol
- **Increases**- hormone epinephrine (adrenaline)
- **Coping with Stress**- improves physical and emotional health
- **Worry**- 90-95% of what we worry about never happens



## What Can I Do?

- **See your Health Care Provider**
- **Identify**- when and where stress occurs, with whom, and how you react
- **Talk with a RD**- about your eating habits, may be overeating due to stress and not eating when hungry
- **Exercise**- Set up an exercise program right for you
- **Don't**- Skip Meals
- **Drink**- lots of fluid, Avoid Caffeine, Avoid Alcohol

