

# Stress and You

Cherokee Health Systems

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# STRESS...



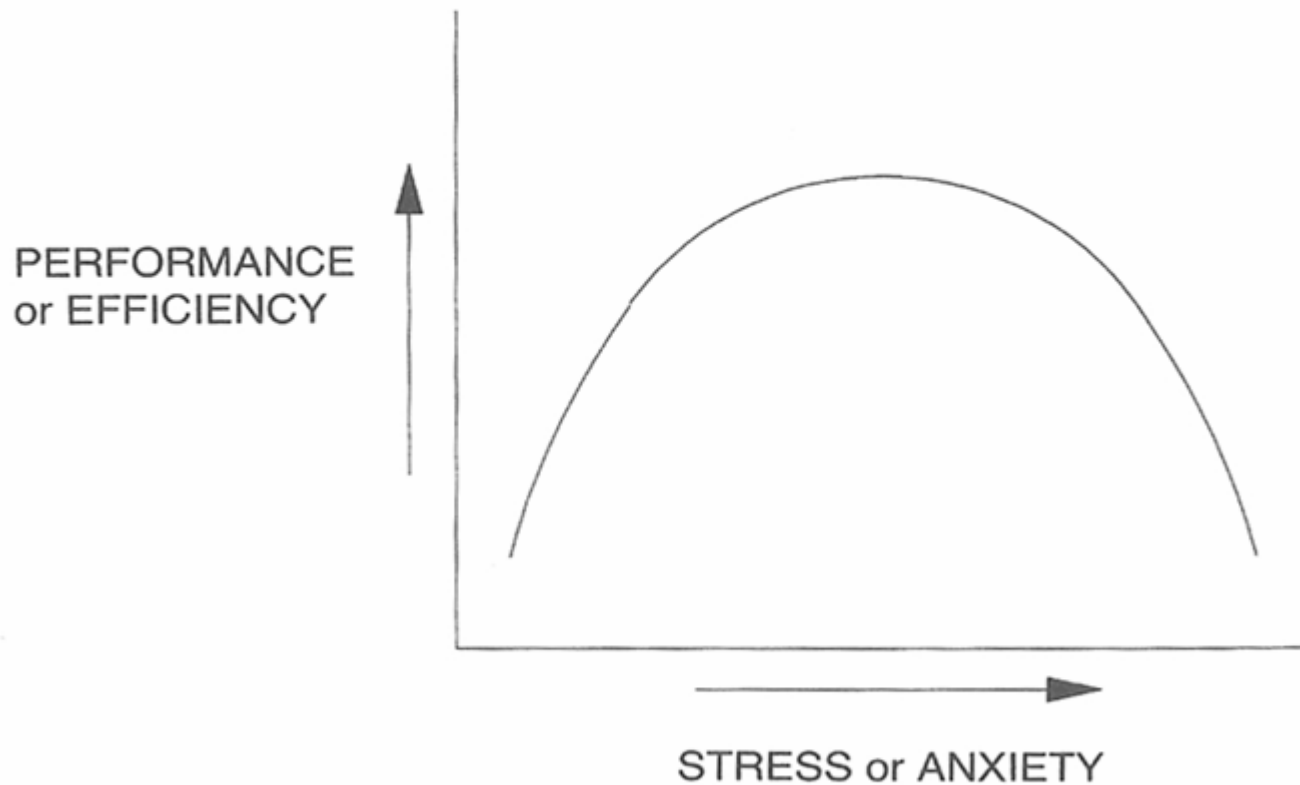
# STRESS...What is it?

- Body's response to any demand placed on it<sup>1</sup>
  - Demands = stressors
- Physical & Chemical adjustments made protect us from threats for survival<sup>1</sup>
  - “Fight or Flight”
  - Physical threat & psychological threat same to body<sup>2</sup>



# Good & Bad Stress

Yerkes-Dodson Law



Adapted from Herbert Benson, M.D., *Your Maximum Mind*.



# Short & Long-term Effects



- Short-Term<sup>2</sup>
  - More alert
  - More energy
  - ↓ nonessential functions (immune, digestive, & reproductive systems, growth process)
  - Body goes into “high gear”
  - Only meant to be sustained for short time period
- Long-Term<sup>2</sup>
  - Overexposure to cortisol & other stress hormones
  - Disrupts body's processes
  - ↑ risk obesity, insomnia, digestive problems, heart disease, depression, memory impairment, physical illnesses



# Common Stress Symptoms

- Physical<sup>1 2</sup>
  - Headache
  - Pounding heart
  - High BP
  - Muscle, back, or neck aches
  - Fatigue
  - Sleep problems
  - Stomach Problems
  - Teeth grinding
  - Weight loss / gain
- Emotional<sup>1 2</sup>
  - Anxiety
  - Frustration / irritability
  - Tension
  - Mood swings
  - Easily discourage
  - Forgetfulness
  - Guilt
  - Restlessness
  - Job dissatisfaction
  - Feeling insecure



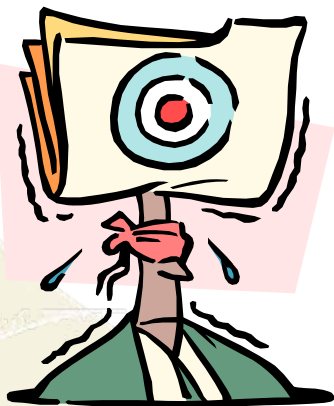
# Common Stress Symptoms

- Mental<sup>1 2 3</sup>

- Forgetfulness
- Poor concentration
- Negative attitude
- Job dissatisfaction
- Boredom
- Low productivity

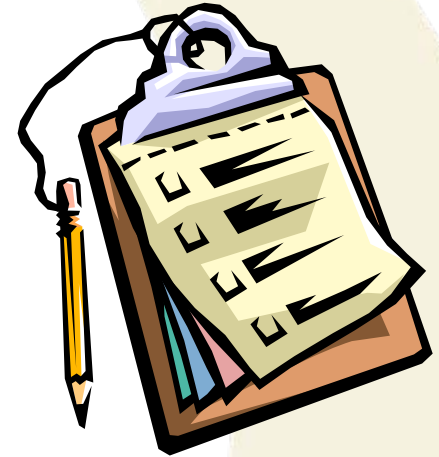
- Social<sup>1 2 3</sup>

- Isolation, social withdrawal
- Relationship conflicts
- Fewer contacts w/ friends
- Lowered sex drive
- Outbursts
- Excessive drinking, smoking
- Over / under eating



# I'm stressed...now what?!\*

- Take stock
  - What is the cause of your stress?
- Time management
  - Organize your day, week, life
  - Be prepared
- Prioritize & Simplify
  - Let go when you can't control the situation
- Attitude reframing\*\*
- Take a break



# Lifestyle Change\*\*



- Lifestyle: personal behaviors & habits
  - Regular exercise
  - Eat smart
  - Avoid cigarettes
  - Alcohol in moderation
  - Use care taking drugs
  - Family pet?



# RELAX AND LAUGH!!!!

- Relaxation and / or meditation
  - Deep breathing
  - Yoga
  - Spirituality
- Relaxation tape demonstration\*\*\*
  - (if time allows)



# Works Cited:

- <sup>1</sup>Smith, S. & Pergola, J., Stress management strategies. Downloaded on July 18, 2007 from, <http://www.cdc.gov/nasd/docs/d000001-d000100/d000008/d000008.pdf>, 11/1991.
- <sup>2</sup>Mayo Clinic staff, Stress: unhealthy response to the pressures of life. Downloaded on July 18, 2007 from, <http://www.nlm.nih.gov/medlineplus.stress.html>, 9/12/2006.
- <sup>3</sup>Mayo Clinic staff, Stress symptoms: effects on your body, feelings, and behavior. Downloaded on July 18, 2007 from, [http://www.Mayoclinic.com/health/stress-symptoms/SR00008\\_D](http://www.Mayoclinic.com/health/stress-symptoms/SR00008_D), 2/20/2007.
- \*Mayo Clinic staff, Headaches: reduce stress to prevent the pain. Downloaded on July 18, 2007 from <http://www.nlm.nih.gov/medlineplus/stress.html>, 4/28/2006.
- \*\*Smith, S. & Pergola, J., Preventing stress through a healthy lifestyle. Downloaded on July 18, 2007 from, <http://www.cdc.gov/nasd/docs/d000001-d000100/d000011/d000011.pdf>, 11/1991.
- \*\*\*Tape *Lifescapes Smooth Jazz*.

