

STRESS IS KILLING YOU



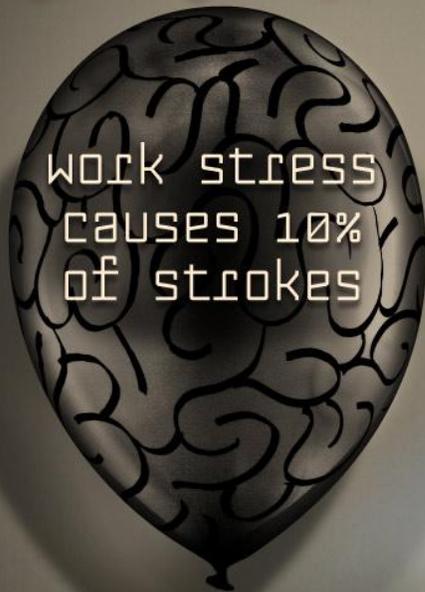
44%

OF AMERICANS FEEL MORE STRESSED THAN THEY DID 5 YEARS AGO

1 IN 5

AMERICANS EXPERIENCE "EXTREME STRESS"

SHAKING, HEART PALPITATIONS, DEPRESSION



work stress causes 10% of strokes

60% INCREASE

IN PRODUCTIVITY OVER THE PAST TWENTY YEARS PLUS STAGNANT WAGES = WORKING HARDER FOR LESS



* STRESS IS THE BASIC CAUSE OF 60% OF ALL HUMAN ILLNESS AND DISEASE

3 OUT OF 4

DOCTOR'S VISITS ARE FOR

“What happens in the mind of man is always reflected in the diseases of his body”

–Rene Dubos

How stressed are you???? Take the stress quiz here:

http://www.mindtools.com/pages/article/newTCS_82.htm

Stress is a normal reaction to the ever increasing demands of life. Surveys show that most Americans experience challenges with stress at some point during the year. In looking at the causes of stress, remember that your brain comes hard-wired with an alarm system for your protection. When your brain perceives a threat, it signals your body to release a burst of hormones. This has been labeled the "fight-or-flight" response. Once the threat is gone, your body is meant to return to a normal relaxed state, but the nonstop stress of modern life means that your alarm system rarely shuts off.

That's why stress management is so important. Stress management gives you a range of tools to reset your alarm system. Without stress management, your body is on high alert. Over time, high levels of stress lead to serious health problems. Don't wait until stress has a negative impact on your health, relationships or quality of life. Start practicing stress management techniques today.

What you can do

Identify the cause. You may find that your stress arises from something that's easy to correct. A psychologist can help you define and analyze these stressors, and develop action plans for dealing with them.

Monitor your moods. If you feel stressed during the day, write down what caused it along your thoughts and moods. Again, you may find the cause to be less serious than you first thought.

Make time for yourself at least two or three times a week. Even ten minutes a day of "personal time" can help refresh your mental outlook and slow down your body's stress response systems. Turn off the phone, spend time alone in your room, exercise, or meditate to your favorite music.

Walk away when you're angry. Before you react, take time to mentally regroup by counting to 10. Then look at the situation again. Walking or other physical activities will also help you work off steam.

Analyze your schedule. Assess your priorities and delegate whatever tasks you can (e.g., order out dinner after a busy day, share household responsibilities). Eliminate tasks that are "shoulds" but not "musts."

Set reasonable standards for yourself and others. Don't expect perfection.

Resources: www.apa.org, www.mayoclinic.com, www.stress.org, www.mindtools.com