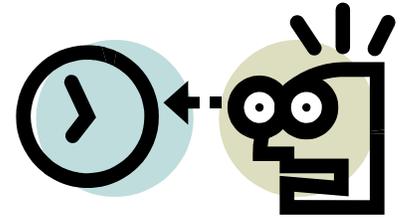


# ABCs of Health



## Stress

### AWARENESS...

Stress is your reaction to something you consider a challenge or a threat. When you are under stress your body begins to gear up for action. This makes you stronger and more alert, at least in the short term.\*

In cases of extreme danger, this extra strength can save your life. Other times, it can help you get through a job or help you adjust to a major change, like the arrival of a new child.\*

Your body tells you when you are under stress. Some of the signs to watch for are:

- ◆ Not hungry or over-eating
- ◆ Upset stomach
- ◆ High blood pressure
- ◆ Using more alcohol, caffeine, or smoking more
- ◆ Trouble sleeping
- ◆ Aches and pains



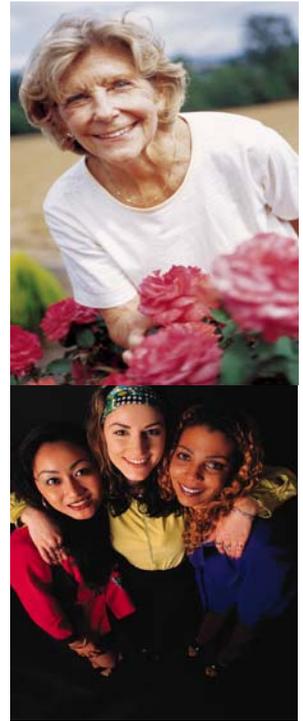
### BEHAVIOR...

- ◆ Think about how you react to stressful events and make plans to deal with or avoid them.
- ◆ Get moving, be more active.
- ◆ Eat a balanced diet, five to nine fruits and vegetables a day.
- ◆ Talk with family and friends about the things that make you feel happy, sad, mad or scared.
- ◆ If you have children, try to plan some alone time.
- ◆ Trade baby-sitting with neighbors, friends or family so you can take a break.

# CHANGE...

If you feel stress is getting worse, get help!

- ◆ Talk to a trusted friend, family member, or your minister.
- ◆ Do something you enjoy to take your mind off your worries.
- ◆ Take occasional short breaks from your work\*.
- ◆ Visit with people that make you feel good.
- ◆ Ask your doctor about counseling.
- ◆ Learn how to relax\*.
- ◆ Ask about an Employee Assistance program at work.
- ◆ When dealing with a major problem, try to break it down into smaller parts\*.



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<http://www.nlm.nih.gov/medlineplus/stress.html>

\*National Institute for Occupational Safety and Health