

# SURVIVING STRESSFUL SITUATIONS

The definition of stress is the body's response to any demand made upon it. Stress can result from positive or negative influences.

It is important to know our own body's response to stressful situations.

Some of the effects we experience from stress might include: depression, anxiety, anger or panic, sweating dizziness, shortness of breath, upset stomach, or even chest pains.

Do you experience more aches and pains as a result of a stressful event? Do you cope with stress by smoking or drinking? These are unhealthy choices that increase your risk of stress-related illness. Stress can lower our immune systems and make our bodies more prone to infections, colds and flu. It is important that we recognize when our body is under stress and how to cope in healthy ways.

Talk to your doctor and/or your company's EAP if you feel that stress may be



## QUICK TIPS FOR MANAGING STRESS IN YOUR DAILY LIFE:

1. **BREATHE!!** Taking deep breaths can help to reduce tension in the head, back, and stomach. Try the 6/8/6 approach: Inhale for 6 seconds, hold your breath for 8 seconds and exhale for 6 seconds. Repeat several times.
2. **MOVE!!** Get some physical exercise. A quick walk around the block frees your mind from what's bothering you, gets your blood circulating, and boosts flagging energy levels.
3. **TALK!!** Share your troubles with a friend or loved one. Sometimes sharing the things that are stressful to you can release some of the bottled-up tension. It may also help to get another person's perspective.
4. **RELAX!!** Find time for yourself throughout the day. Take a warm bath or hot shower to help soothe tense muscles. Try sipping a cup of tea.
5. **SAY NO!!** Don't take on more responsibility than you can handle.

### ONLINE RESOURCES

[www.nmhs.org](http://www.nmhs.org)  
[www.mentalhealth.samhsa.org](http://www.mentalhealth.samhsa.org)  
[www.stress.org](http://www.stress.org)

