

**41. EATING A HEALTHY DIET HELPS YOUR BODY DEAL WITH STRESS.**



42. Getting enough rest takes the edge off stress.
43. Being stressed is hard! Do something once a week just for fun.
44. **ALCOHOL, TOBACCO AND OTHER DRUGS WON'T HELP STRESS – THEY MAY MAKE IT WORSE!**
45. Talking helps. If you feel overwhelmed, talk to a friend, trusted family member or counselor.

**46. IF YOU'RE SO STRESSED YOU THINK YOU MIGHT EXPLODE, TAKE A BREAK. WALK AWAY.**



47. You can get help with stress. Call your local hospital, mental health clinic or community college and ask about stress-reduction classes or support groups.
48. Feeling out of control? Call a crisis or suicide hotline.
49. You're not alone! Millions of Americans visit counselors or mental health professionals each year for stress-related problems.

**50. STRESS IS SERIOUS. AND IT'S NO FUN. TAKE CARE OF IT BEFORE IT TAKES CONTROL OF YOU.**



Believe it or not, life without any stress would be dull. Stress is a great motivator. But too much stress can make you sick. The key is finding a balance. Read this pamphlet and find out how you can take charge of the stress in your life.

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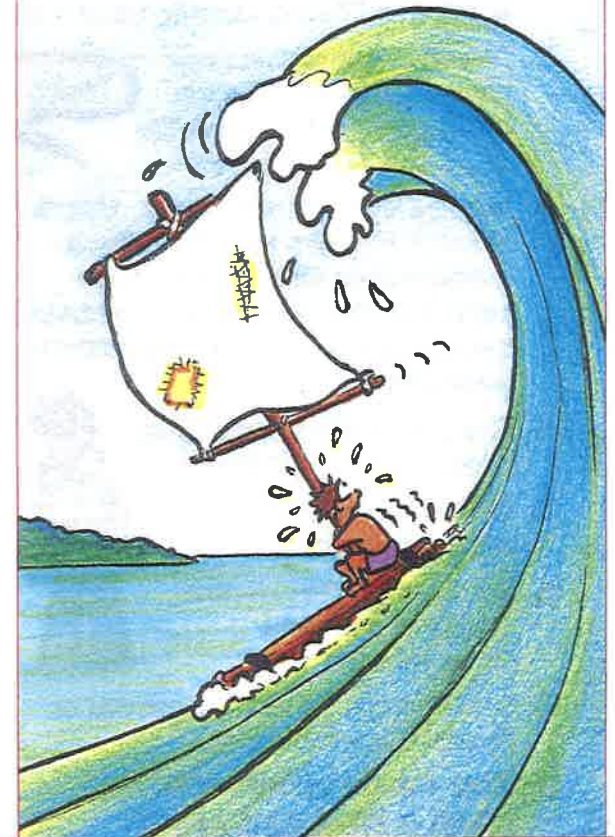
This pamphlet is not a substitute for professional medical care.  
If you have questions or concerns, please talk with a health care provider.

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PROTECT YOUR HEALTH









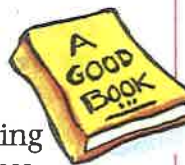
# 50 THINGS You Should Know ABOUT STRESS (AND WHAT YOU CAN DO TO LOWER IT!)



LOWER YOUR STRESS

# 50 THINGS YOU SHOULD KNOW ABOUT STRESS



1. Stress is a normal part of life. Everybody experiences it.
2. **STRESS IS YOUR BODY'S REACTION TO DEMANDS, EVENTS AND CHANGES.** 
3. Some stress is good. It keeps you sharp and focused.
4. In small doses, stress can even be exciting.
5. **POSITIVE AND NEGATIVE EVENTS CAN CREATE STRESS.**
6. Positive things that cause stress include going to college or starting a new job.
7. Negative things that cause stress include losing a job, leaving a relationship, or the death of a family member. 
8. **WHEN YOU'RE STRESSED, YOUR HEART PUMPS FASTER, YOUR BREATHING SPEEDS UP, AND YOUR BODY MAKES CHEMICALS THAT CAUSE YOU TO FEEL EDGY AND TENSE.**
9. The body's stress response is called "fight or flight."
10. Different people respond differently to stress. 
11. Some people feel anxious, cranky and uptight when stressed.
12. Some people get tired, depressed or forgetful when stressed.
13. **TOO MUCH STRESS FOR TOO LONG A TIME CAN AFFECT YOUR HEALTH.**
14. Stress can affect your immune system (which protects you from illness).
15. **SOME SIGNS OF TOO MUCH STRESS INCLUDE HEADACHES, BACK PAIN, UPSET STOMACH AND HIGH BLOOD PRESSURE.** 
16. People who are stressed are twice as likely to catch a cold than those with less stress.
17. Stress can affect your sleep.
18. **STRESS MAY PLAY A ROLE IN HEART ATTACKS, ACCIDENTS, LUNG DISEASE, LIVER DISEASE AND SUICIDE.**
19. Overeating, compulsive eating or not eating enough may be signs of stress.
20. Stress can affect the health of both children and adults.
21. You can take action to keep stress from taking over your life. 
22. Looking at the causes of stress in your life can help you cope.
23. **FIND WAYS TO REDUCE STRESSFUL SITUATIONS IN YOUR LIFE. IT'S NOT AS IMPOSSIBLE AS IT SEEMS!**
24. If worries about a relationship are making you stressed, talk to a counselor.
25. If you feel stressed because you have too much to do, ask friends or family members to help.
26. If you're stressed because you can't find keys or other things, always put them away in a special place. 
27. If being late creates stress, leave five minutes early.
28. Don't sweat the small stuff. Slow lines and bad drivers aren't worth the stress.
29. **SET PRIORITIES. LET GO OF LESS IMPORTANT COMMITMENTS.**
30. Learn to say "no." Nobody can do it all.
31. **WHERE YOU CAN'T MAKE CHANGES, FIND HEALTHY WAYS TO LOWER YOUR STRESS.** 
32. When people or situations stress you out, close your eyes and picture yourself in a peaceful place.
33. Cut down on coffee, tea or soda with caffeine or switch to herbal teas, juice or decaf. Caffeine can make stress worse.
34. **EXERCISE IS A GREAT STRESS BUSTER.**
35. For most people, aerobic exercise (the kind that raises your heart rate) is best for relieving stress.
36. Choose an activity you like. Walk, hike, bike or dance away the tension. Play basketball with friends.
37. If you're always on the go, you may get stress relief from calming exercises. 
38. Yoga, meditation and tai chi can all relieve stress.
39. **SOME PEOPLE FIND READING OR SPENDING QUIET TIME ALONE GOOD FOR REDUCING STRESS.** 
40. Deep breathing and stretching are great ways to reduce stress.