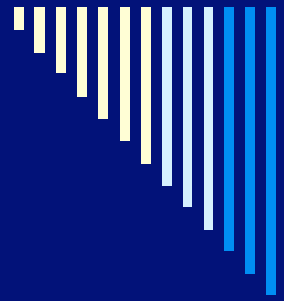


Stress and Its Management

Health Literacy Curriculum



□ Objectives:

- Define stress
 - Recognize different types of stress
 - Discuss different physical and emotional reactions during a stressful time
 - List at least three things you can do to reduce your stress levels
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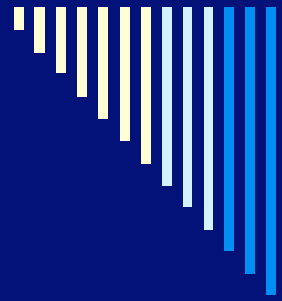
□ What is Stress?

- We are all familiar with the word "stress"
 - Stress is when you are worried about getting laid off your job, or worried about having enough money to pay your bills, or worried about your mother when the doctor says she may need an operation.
 - To most of us, stress is synonymous with worry.
 - If it is something that makes you worry, then it is stress.
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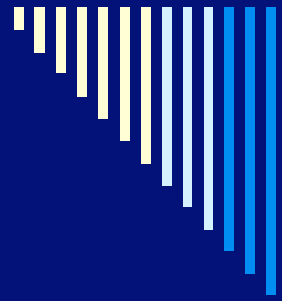
□ TO YOUR BODY, STRESS IS
SYNONYMOUS WITH CHANGE.

- Anything that causes a change in your life causes stress.
 - It does not matter if it is a "good" change, or a "bad" change, they are both causes of stress.
 - When you find your dream apartment and get ready to move, that is stress.
 - If you break your leg, that is stress.
 - Good or bad, if it is a CHANGE in your life, it is stress as far as your body is concerned
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- Anything that causes CHANGE IN YOUR DAILY ROUTINE is stressful.
- Anything that causes CHANGE IN YOUR BODY'S HEALTH is stressful.

- **Which of these is stressful?**
 - You receive a promotion at work.
 - Your car has a flat tire.
 - You go to a fun party that lasts till 2:00 a.m.
 - Your dog gets sick.
 - Your new bedroom set is being delivered.
 - Your best friend and his wife come to stay at your house for a week.
 - You get a bad case of hay fever.



□ Emotional Stress

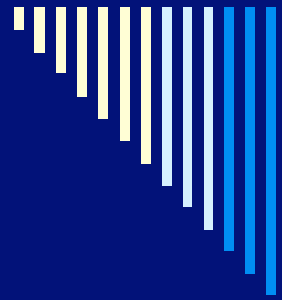
- When arguments, disagreements, and conflicts cause **CHANGES** in your personal life -- that is stress.

□ Illness

- Catching a cold, breaking an arm, a skin infection, a sore back, are all **CHANGES** in your body condition that cause stress.

□ Pushing Your Body Too Hard

- A major source of stress is overdriving yourself. Working (or partying) 16 hours a day will reduce your available time for rest. **CHANGES** will occur in your body's internal environment, and you may even get sick.

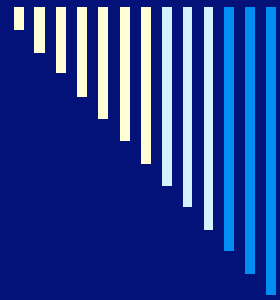


□ Environmental Factors

- Very hot or very cold climates can be stressful. Very high altitude may be a stress. Toxins or poisons cause stress. Each of these factors threatens to cause **CHANGES** in your body's internal environment.

□ Hormonal factors

- Puberty, pre-menopause, Pre-menstrual syndrome, post-partum are stages in life where different hormones cause **CHANGES** in your body.



- Symptoms of Stress:

- **Brain**

- Fatigue, aches and pains, crying spells, depression, anxiety attacks, sleep disturbance.

- **Gastrointestinal Tract**

- Ulcer, cramps and diarrhea, colitis, irritable bowel.

- **Glandular System**

- Thyroid gland malfunction.

- **Cardiovascular**

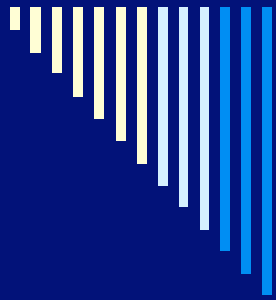
- High blood pressure, heart attack, abnormal heart beat, stroke.

- **Skin**

- Itchy skin rashes.

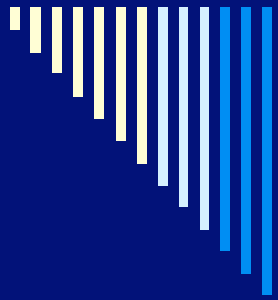
- **Immune System**

- Decreased resistance to infections and neoplasm
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□ Manage Stress by:

- Improving health through diet and exercise
 - Increasing productivity
 - Adjusting your attitude
 - Sleeping your required hours
 - Be in control of your life!
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- Review Questions:
 - 1. What is stress?
 - 2. What are three situations that can cause stress?
 - 3. What happens to your brain when you are stressed?
 - 4. What can you do to reduce your stress level?
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