

STRESS AWARENESS

Don't let stress get you down



Stress is a common aspect of modern life that affects all of us. While a little bit of stress can help to push us forward in reaching goals, stressors that become overwhelming can negatively affect our health.



Stress is tied to the fight or flight response

This evolutionary reaction helps us to appropriately respond to danger by elevating pulse rate, tensing muscles, and increasing oxygen to the brain in an effort to ensure survival.



Chronic stress can be harmful

When pressures related to work and daily responsibilities become a constant source of stress, it can negatively affect your health by suppressing your immune system, digestive system, and sleep patterns. Stress can be a contributing factor in heart disease, high blood pressure, diabetes, as well as depression and anxiety.



Stress can be a motivator to prepare and perform our best during big events like a major test, job interview, presentation, or athletic competition.

Stress in the modern workplace:

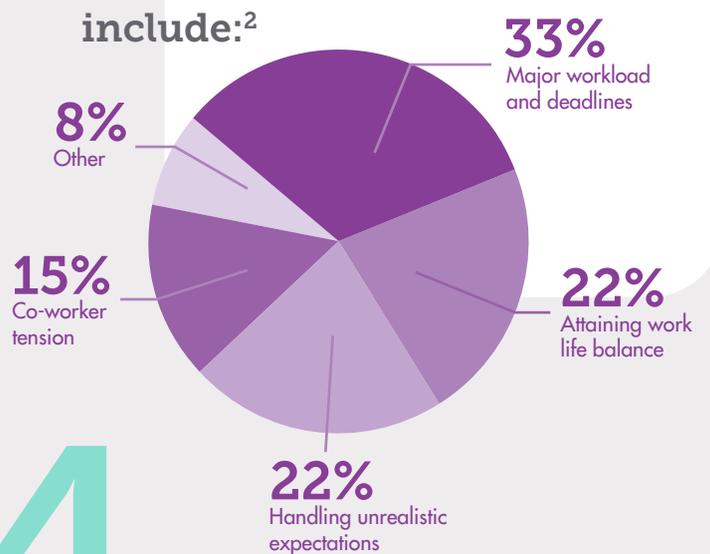
79% of Americans feel stressed at some point in their daily routine¹

53% of employees feel they don't have enough time in the day¹

52% of employees experience stress regularly¹

60% of employees have experienced an increase in work-related stress²

Common stressors include:²



Don't be afraid to ask for help

If you're overwhelmed at work, speak with your boss to share your concerns and find solutions. If stress is leading to changes in your behavior or significantly affecting your life, reach out to a health care professional to discuss what's happening and to find resources that can help.

How to cope with stress

While we can't always remove ourselves from the stressors in our lives, we can find productive ways to manage them.

1 Be aware of the signs

Our body's response to stress can include sleeplessness, low energy, agitation or feeling depressed. Don't hesitate to speak to your doctor for help with managing stress.

2 Exercise and find time to relax

30 minutes of walking or daily exercise reduces stress and boosts mood. Also try meditation, mindfulness techniques, yoga or other gentle exercises to relieve stress.

3 Stay social

Spending time with family and friends can also help reduce stress and provide emotional support. Try connecting through social groups, community connections or religious organizations.

4

Sources:

<https://www.nlm.nih.gov/health/publications/stress/index.shtml>

¹<https://news.gallup.com/poll/224336/eight-americans-afflicted-stress.aspx>

²<https://www.roberthalf.com/blog/management-tips/feeling-stress-in-the-workplace-youre-in-the-majority>