

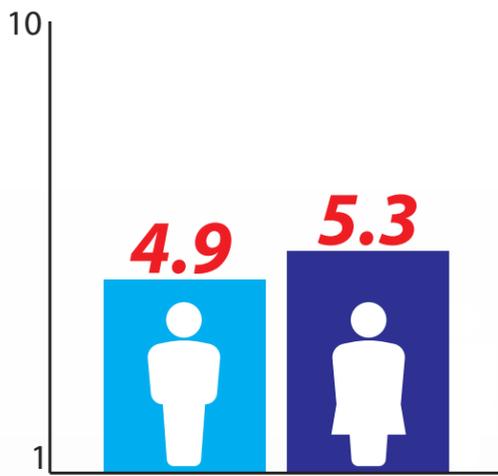


# Stress

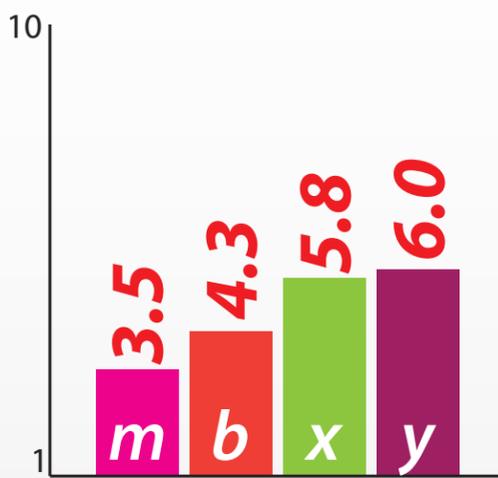
## Stress is unavoidable...

Every day we can face events and situations that cause us stress, other times we are stressed for no reason at all! Although most stressors are minor in the grand scheme of things, there are situations that clearly can be considered major sources of stress such as an impending marriage, trouble at home or work, a death of a loved one, and so on. No matter what your source of stress is, it is important to monitor your stress and manage it effectively so that you can minimize the impact on your wellbeing.

### Stress Levels on 1-10 Scale in the United States



Gender



Generation

### Top Causes of Stress in the United States

-  **Job Pressure**
-  **Money**
-  **Health**
-  **Relationships**
-  **Poor Nutrition**
-  **Media Overload**
-  **Lack of Sleep**

### Physical Symptoms of Stress reported in the US

-  **Headache**
-  **Fatigue**
-  **Muscle Tension**
-  **Upset Stomach**
-  **Little Appetite**
-  **Lower Sex Drive**
-  **Teeth Grinding**

## ...here are some tips to manage your stress



#### Avoid Unnecessary Changes

Instead, reserve what energy you do have for dealing with the stressor at hand. If possible, stabilize your work and home environments while working out the primary problem.

#### Quiet Your Mind

In times of stress, the mind makes things appear worse than they are by creating endless versions of impending disaster. Because the body can't tell the difference between fact and fantasy, it responds with heightened physical response.

#### Keep in the Present

You can calm both your mind and your body by keeping your mind in the present, which is seldom as stressful as an imagined future or regrettable past. To keep your mind in the present, center your attention on your breathing, a sound or visual pattern, a repetitive movement or meditation.



#### Face Your Stressor Head On

Resist any temptation to ignore the stressor. Instead, carefully appraise the seriousness of the problem without magnifying it out of proportion. Ask yourself, "What is the worst thing that is realistically likely to happen?" Then remind yourself of all the good things that will still be a part of your life even if the worst occurs.

#### Take Inventory of Your Coping Responses

Confidence is a valuable ally in combating stress, and it builds on memories of past successes. Review successes you've had with other stressful life situations. Recall some of the specific things you did to cope.

#### Take Action

Commit yourself to a reasonable course of action to deal with the stressor. Action is a powerful stress-reducer. Research shows that the body lowers its production of epinephrine, a powerful stress hormone, when a person shifts into action. Don't avoid taking action because you fear you'll make the wrong decision. Remind yourself that there are many different ways of successfully dealing with a stressful situation.

#### Take Time Relax

At least once or twice a day, take time to decompress by relaxing -- perhaps by listening to soothing music, taking a walk, gardening, reading or exercising. You could also choose to perform a more formal relaxation technique such as deep breathing or meditation.



Sources:

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