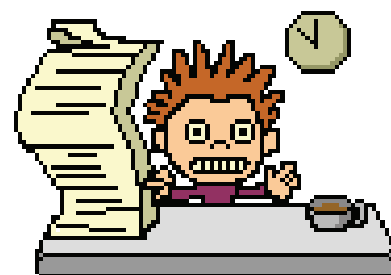


## STRESS MANAGEMENT



Stress is the body's reaction to a perceived threat; it is often called the "fight or flight" syndrome.

During times of stress, adrenaline and hormones are released and the nervous system is put in "hyperdrive"

- Pulse rises
- Muscles tense
- Immune system shuts down
- Sugars are mobilized to give your body access to more strength, energy and stamina.

-There is no such thing as life without stress. However, life with too much stress can result in changes to mental, physical and emotional health.

-On-going or chronic stress interferes with the ability to perform effectively and to feel well.

-Some people can cope well with stress.

The characteristics and traits they share are:

- They have a supportive network of family and/or friends
- They take time to relax
- They engage in hobbies
- They exercise on a regular basis
- They eat a nutritious diet

### Tips to manage stress

- Learn to manage your time; set priorities
- Get adequate sleep
- Set time aside to play and enjoy life
- Learn to say "NO" to extra social or work requests
- Occasionally, seek a change in scenery (take a walk)
- Prevent chronic stress by recognizing the signs of stress and by learning appropriate relaxation techniques. Different techniques work for people such as, yoga, stretches, walking, jogging, swimming, crafts etc.
- See a physician or other health care provider to seek assistance if stress levels begin to affect your physical and/or emotional health negatively



