5 PHYSICAL SIGNS OF ABNORMAL STRESS

- Immediate dizziness in stressful situations
- Pounding heart, accelerated pulse
- Abnormal eating habits
- Troubled breathing
- Inability to slow down, to relax

Stress is the result of internal or external pressure that creates feelings of conflict and/or anxiety. Stress can stem from demands one places on oneself or from outside situations. Some stress is easily identified, such as increased financial responsibilities. Other stress, such as feeling that one must earn peer acceptance, may go undetected. If stress is not identified and resolved, it can progressively deteriorate one’s ability to function.

6 COMMON CAUSES OF ABNORMAL STRESS

- Loss of a loved one
- Illness or injury
- Job advancement or career change
- Life-style change, such as pregnancy
- Increased responsibility
- A changing role in the family

Stress is most frequently caused by change. Some personalities are more prone to stress because of poor coping skills or unhealthy mental attitudes toward life and/or self. Some stress is positive and creates diversity and challenges in life. Positive stress can keep motivation and creative responses at peak levels. Positive stress also can protect one from a threatening situation. Persistent stress, or “distress,” results in debilitating anxiety that affects one’s overall mental, emotional and physical health. Unresolved stress or too much stress can create or aggravate a number of psychiatric and physical ailments such as depression, ulcers, high blood pressure, phobias, disturbed sleep patterns, tension headaches and anxiety.
LEARN THE SKILLS TO COPE WITH STRESS

- **Develop good health habits.** Eat a balanced diet, get plenty of rest and relaxation, avoid excess caffeine and alcohol, and don’t smoke. A healthy body tolerates stress efficiently with less tendency to develop stress-related diseases.

- **Exercise regularly.** Physical activity relieves the body of unnecessary tension and allows the body to function more effectively. Exercise also provides a necessary diversion from pressure.

- **Structure your daily activities.** With proper planning and use of time, daily demands can be handled before they create unhealthy stress. Daily planning provides for a varied schedule that can include work, leisure, social and family activities, as well as personal time.

- **Set realistic goals.** People who expect too much of themselves are more frequently troubled by stress. Goals must be realistic and achievable to be motivational.

- **Learn to relax.** Just a few minutes of peace and quiet each day gives a person the ability to assess a challenging situation properly and to respond appropriately.

- **Talk about stress.** Opening up about problems or tensions with close friends, a therapist, co-workers, a clergy member or others involved in a stressful situation allows a person to share feelings and to keep potential stress factors in proper perspective.

For a confidential, no-cost assessment
Call 901-377-4733 or 1-800-232-LAKE
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