

Controlling your risk: You can control your stress

Stress is the result of events in your life that make you feel tense. It is a normal part of life.

- Small amounts of stress can be helpful.
- Large amounts of stress can affect your happiness and health. Stress can make you feel sick, tense, and sad.
- Long term stress may lead to serious illness.

Symptoms of stress include...



- drinking alcohol to avoid problems
- eating too much or too little
- feeling out of control
- feeling tired all the time
- feeling angry for little reason
- frequent headaches
- jaw pain from grinding your teeth
- upset or painful stomach
- trouble sleeping

Regular physical activity can help you control the effects of stress. Get moving!

Take a walk or do something active. Regular physical activity increases the “feel good” chemicals in your brain.



Talk it out with the person involved or a talk about your feelings with a close friend. It’s good to “vent” or “get it off your chest”.



Make a to-do list to help you to set priorities. Some things can wait!

Take time out, change of pace, even for just a few minutes, may give you a new outlook.

Take care of yourself first. Find time to recharge.



Limit alcohol. It is a depressant and frequent use may make things worse.

Avoid tobacco smoke. It contains poisons like nicotine, carbon monoxide, and carcinogens (causes cancers). Smoking decreases oxygen to your brain.

Laugh a lot! Laughing releases chemicals in your brain that make you feel “good”.



Talk with your medical provider or clergy. (S)he can help you sort out your feelings before your stress gets out of control.