

EFFECTS of STRESS



Did you know that studies have reported about 25% of individuals who survive a stroke or TIA (transient ischemic attack or “mini stroke”) develop acute stress disorder or post traumatic stress disorder? You can use the information in this handout to understand more about stress and effective strategies for managing stress.

EMOTIONAL SIGNS of STRESS



Worried



Angry



Depressed

Irritable

Unable to Focus

PHYSICAL SIGNS of STRESS

Trouble sleeping or
sleeping too much



Headaches



Tense muscles →



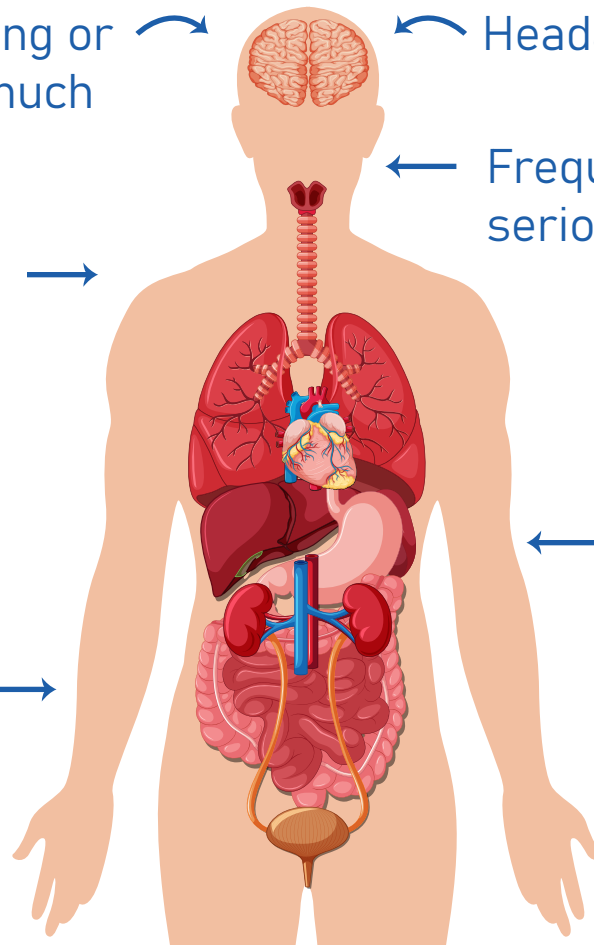
Frequent or more
serious colds



Upset stomach



Weight gain or loss →



STRESS MANAGEMENT BENEFITS

There are many benefits to managing your stress. Managing your stress can help you:

- Sleep better
- Control your weight
- Get sick less often
- Fewer muscle tensions
- Better moods
- Better relationships

WAYS TO RELIEVE STRESS

Here a few simple actions to begin relieving stress:

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it's just to the restroom and back. A short break can give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time.
8. Turn on some chill music or an inspirational podcast to help you deal with road rage.
9. Take a break to pet the dog, hug a loved one or do something to help someone else.
10. Work out or do something active. Exercise is a great antidote for stress.

