Stress Management

Stress is a state of physical or mental tension that often results from changes in your life or normal routine. Some common causes of stress are:

- Death of a loved one.
- Injuries or severe illnesses.
- Getting fired or changing jobs.
- Moving into a new home.

Other causes may be:

- Sexual problems.
- Business or financial losses.
- Taking on a large debt.
- Regular conflict with someone at home or at work.
- Constant tiredness from lack of sleep.

It is not just bad things that are stressful. It may be stressful to:

- Win the lottery.
- Get married.
- Buy a new car.

The amount of stress that can be easily tolerated varies from person to person. Changes generally cause stress, regardless of the types of change. Too much stress can affect your health. It may lead to physical or emotional problems. Too little stress (boredom) may also become stressful.

SUGGESTIONS TO REDUCE STRESS:

- Talk things over with your family and friends. It often is helpful to share your concerns and worries. If you feel your problem is serious, you may want to get help from a professional counselor.
- Consider your problems one at a time instead of lumping them all together. Trying to take care of everything at once may seem impossible. List all the things you need to do and then start with the most important one. Set a goal to accomplish 2 or 3 things each day. If you expect to do too many in a single day you will naturally fail, causing you to feel even more stressed.
- Do not use alcohol or drugs to relieve stress. Although you may feel better for a short time, they do not remove the problems that caused the stress. They can also be habit forming.
- Exercise regularly - at least 3 times per week. Physical exercise can help to relieve that “uptight” feeling and will relax you.
- The shortest distance between despair and hope is often a good night's sleep.
- Go to bed and get up on time allowing yourself time for appointments without being rushed.
- Take a short "time-out" period from any stressful situation that occurs during the day. Close your eyes and take some deep breaths. Starting with the muscles in your face, tense them, hold it for a few seconds, then relax. Repeat this with the muscles in your neck, shoulders, hand, stomach, back and legs.
- Take good care of yourself. Eat a balanced diet and get plenty of rest.
- Schedule time for having fun. Take a break from your daily routine to relax.

HOME CARE INSTRUCTIONS

- Call if you feel overwhelmed by your problems and feel you can no longer manage them on your own.
- Return immediately if you feel like hurting yourself or someone else.

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