



Manage Stress

Improve Overall Wellness

Prolonged feelings of stress can lead to signs of potential depression. Here are some effects of stress on the body and mind:

- Increased feelings of anxiety, mental fatigue and irritable behaviors
- Headaches
- Sleep loss
- Indigestion and other stomach problems
- Poor appetite
- Weight loss
- Sleep disturbances
- Loss of interest
- Loss of energy
- Feelings of inadequacy

Keep in mind ...

- For an event to be stressful, it must be perceived as so.
- Think of stress as air and your body as a balloon. The more air (stress) you put in the balloon (body), the more pressure is exerted, until a maximum amount of air (stress) is reached, and the balloon (body) will give at its weakest point.

Ways to Better Manage Stress

- Maintain open communication with your partner and have fun together.
- Keep healthy friendships and spend time with your family.
- Do not lose your sense of humor.
- Change your mindset and adjust your attitude in a positive way.
- Carve out alone time.
- Keep an exercise routine to improve your mood and regulate body weight.
- Develop a plan of action to identify stressors and how to handle them.
- Get plenty of sleep.
- Stop eating CRAP:
 - Carbonated drinks
 - Refined sugars
 - Artificial food
 - Processed food

Stress is linked to the six leading causes of death.

1. Heart disease
2. Cancer
3. Lung ailments
4. Accidents
5. Liver cirrhosis
6. Suicide



We are here to help.

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This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.

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