

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

## STRESS: IT'S NOT JUST MENTAL

Stress can have wide-ranging effects on emotions, mood and behavior. Equally important, but often less appreciated, are effects on various systems, organs and tissues throughout the body.

When stress continues without relief and proper management, it can lead to distress, which causes negative mental and physical reactions.



## MANAGING STRESS

- On a scale of 1-10, what is your level of daily stress? \_\_\_\_\_
- What are some coping mechanisms you have used in the past?  
\_\_\_\_\_  
\_\_\_\_\_
- What are some things you would do differently to better manage stress?  
\_\_\_\_\_  
\_\_\_\_\_

Coach's Recommendations for Improved Stress Management:

- Exercise regularly
- Eat a healthful diet
- Reduce/avoid caffeine, sugar, alcohol, cigarettes and recreational drugs
- Get adequate sleep

## HOW IS STRESS IMPACTING YOUR BODY?

Could your symptoms be stress induced?

Check the box next to the symptoms you have.

| HEAD / MENTAL  |                          |
|--|--------------------------|
| Headaches  | <input type="checkbox"/> |
| Mental health – lack of concentration, irritability, anxiety, poor decision making, depression, overall fatigue, loss of sex drive | <input type="checkbox"/> |
| VISION   |                          |
| Eye strain – blurred vision, dry eyes, fatigue   | <input type="checkbox"/> |
| SKIN   |                          |
| Worsening of pre-existing skin conditions, such as rosacea   | <input type="checkbox"/> |
| Acne lesions, which are more inflamed and persistent   | <input type="checkbox"/> |
| Brittle and/or ridging of the nails  | <input type="checkbox"/> |
| Hair loss  | <input type="checkbox"/> |
| Hives  | <input type="checkbox"/> |
| Excessive perspiration   | <input type="checkbox"/> |
| SHOULDERS & NECK   |                          |
| Muscle aches and pains   | <input type="checkbox"/> |
| Spasms or knots in neck and shoulders  | <input type="checkbox"/> |
| Stiff neck   | <input type="checkbox"/> |
| HEART & CARDIOVASCULAR HEALTH  |                          |
| Chest pain   | <input type="checkbox"/> |
| Increased blood pressure   | <input type="checkbox"/> |
| Increased heart rate   | <input type="checkbox"/> |
| Increased blood sugar levels   | <input type="checkbox"/> |
| LUNGS  |                          |
| Increased respiration rate   | <input type="checkbox"/> |
| Frequent asthma attacks  | <input type="checkbox"/> |
| GASTROINTESTINAL   |                          |
| Stomach bloating and cramping  | <input type="checkbox"/> |
| Nausea and vomiting  | <input type="checkbox"/> |
| Diarrhea/Constipation  | <input type="checkbox"/> |

Resources: [www.aad.org](http://www.aad.org); [www.helpguide.org](http://www.helpguide.org); [www.webmd.com](http://www.webmd.com)

**STRESS & YOUR BODY**