

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

Resources

www.aad.org; www.helpguide.org; www.webmd.com

How is Stress Impacting Your Body?

Could your symptoms be stress induced?

Check the box next to the symptoms you have.

HEAD / MENTAL

- Headaches
- Mental health – lack of concentration, irritability, anxiety, poor decision making, depression, overall fatigue, loss of sex drive

VISION

- Eye strain – blurred vision, dry eyes, fatigue

SKIN

- Worsening of pre-existing skin conditions, such as rosacea
- Acne lesions, which are more inflamed and persistent
- Brittle and/or ridging of the nails
- Hair loss
- Hives
- Excessive perspiration

SHOULDERS & NECK

- Muscle aches and pains
- Spasms or knots in neck and shoulders
- Stiff neck

HEART & CARDIOVASCULAR HEALTH

- Chest pain
- Increased blood pressure
- Increased heart rate
- Increased blood sugar levels

LUNGS

- Increased respiration rate
- Frequent asthma attacks

GASTROINTESTINAL

- Stomach bloating and cramping
- Nausea and vomiting
- Diarrhea/Constipation