



# Manage Stress

## Improve Your 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're here when you need us.**

Contact the EAP with 24/7 Access

**DEAEAP.com**

**800.275.7460**

*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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