



Stress

Know the Signs



We all go through stressful times. In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your body.

If you're feeling overwhelmed by stress, you're not alone. In fact, a survey of Americans found that one-third of people are living with extreme stress. Get connected to how you're feeling and learn about the effects of stress on your whole body.

Stress can be toxic to your body!

Brain and Nerves

Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, increased or decreased eating, trouble sleeping, memory problems, trouble concentrating, mental health problems (such as panic attacks, anxiety disorders and depression)

Skin

Acne and other skin problems

Muscles and Joints

Muscle aches and tension (especially in the neck, shoulders and back), increased risk of reduced bone density

Heart

Faster heartbeat, rise in blood pressure, increased risk of high cholesterol and heart attack

Stomach

Nausea, stomach pain, heartburn, weight gain

Pancreas

Increased risk of diabetes

Intestines

Diarrhea, constipation and other digestive problems

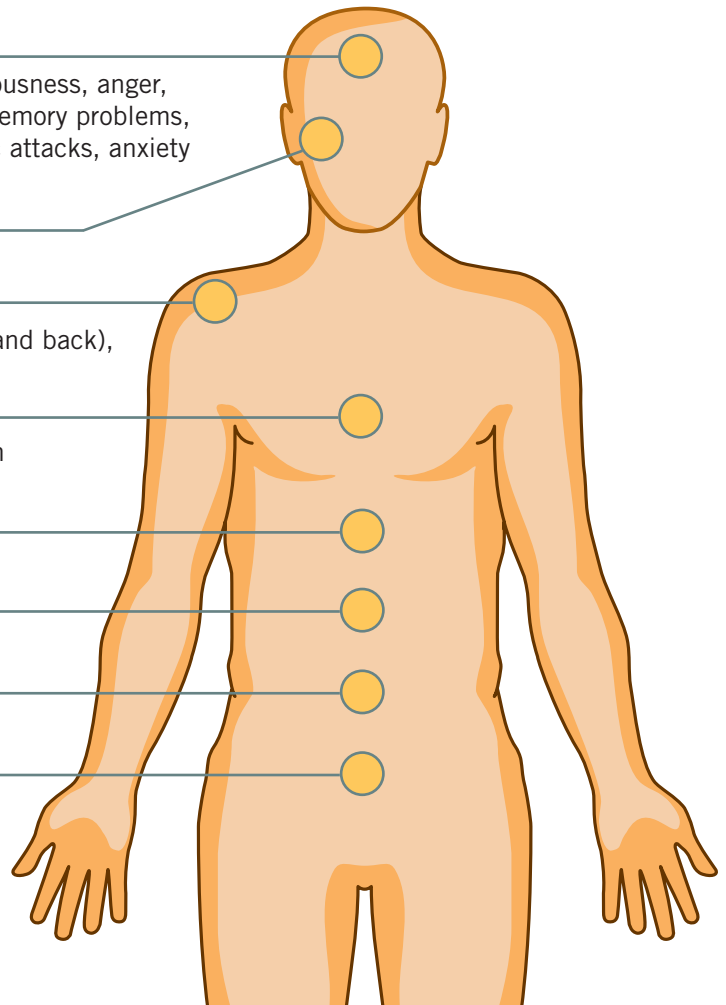
Reproductive System

For women-irregular or more painful periods, reduced sexual desire

For men-impotence, lower sperm production, reduced sexual desire

Immune System

Lowered ability to fight or recover from illness



Are you experiencing signs of stress?

- Feeling angry, irritable or easily frustrated
- Feeling overwhelmed
- Change in eating habits
- Problems concentrating
- Feeling nervous or anxious
- Trouble sleeping
- Problems with memory
- Feeling burned out from work
- Feeling that you can't overcome difficulties in your life
- Having trouble functioning in your job or personal life

If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you are stressed, like connecting to people close to you, getting enough sleep or being physically active.

If you feel overwhelmed, are unable to cope and feel as though your stress is affecting how you function everyday, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider.

If you or someone you care about needs to speak to someone or is in crisis and needs immediate help, call the **Access & Crisis Line at (888) 724-7240**. Trained and experienced counselors are available 24 hours a day, 7 days a week to help you. For more information, visit **www.Up2SD.org**.

By reaching out, speaking up and starting a conversation, you may make all the difference in leading a loved one to recovery and perhaps even saving a life!

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