

Stress

What is stress?

Stress is a term used to describe the wear and tear the body experiences in reaction to everyday tensions and pressures. Change, illness, injury or career and lifestyle changes are common causes of stress for most people. However, it is the emotional pressure and tension we feel in response to the day to day hassles—waiting in line, rush hour traffic, too many e-mails, or listening to the news—that cause the most damage.

How does stress affect our health?

Stress affects people physically, mentally and emotionally. According to the American Institute of Stress, up to 90% of all health problems are related to stress. Too much stress can contribute to and agitate many health problems including heart disease, high blood pressure, stroke, depression and sleep disorders.

How stressed are you?

Everyone responds to stress differently. Take this quick test to see the areas you are experiencing stress.

- I feel overly tired and fatigued.
- I often am nervous, anxious or depressed.
- I have sleep problems.
- I have repeated headaches or minor aches and pains.
- I worry about job security, financial obligations or relationships.

Isn't stress just a fact of life?

Today we all are continually faced with stress, from overwork and traffic jams to balancing all the demands of our everyday lives. The fact is we will never eliminate stress from our lives. The good news is we can manage and reverse the damage stress does.

For information on managing your stress, contact Bonnie Tollison at (864) 901-4433 or e-mail at bonnietollison@charter.net