

Maintenance

Understanding Stress

Stress is a feeling that's created when your body reacts to a challenge, which could be anything from being in a dangerous situation to taking a final exam. Both good and bad things create stress. For example, getting a job for the first time is a good thing, but it may also be stressful because there will be a lot to learn quickly.

Here is a list of things that frequently cause stress.

- | | | | |
|--------------------------------|--------------------------------|--|---------------------------------|
| Break up with boy/girlfriend | Trouble with brother or sister | Worry about finances/money | Trouble with friends/classmates |
| Arguments/trouble with parents | Arguments between parents | Serious illness or injury of family member | Schoolwork |
| | | | Time management |

Which apply to you?

- | | | | |
|------------------|---------------|---------------------|--------------------------|
| Rapid heart rate | Stomachaches | Difficulty sleeping | Difficulty concentrating |
| Breathing fast | Muscle pain | Being in a bad mood | Changes in eating habits |
| Headaches | Feeling tired | | |

The human body responds to stress in different ways. Here is a list of the most common reactions a body has to stress.

Do you experience any of these?

Track Your Stress



Signs of stress can be a signal that you may be feeling overwhelmed. If you are experiencing stress you may not be as careful about keeping up with healthy habits, so it's important to deal with stress as soon as it comes up. Try tracking your stress level this week. Noticing when you are feeling stressed may help you realize that you need to do something about it before becoming overwhelmed.

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	2	3	4	5	6	7	
8	9	10					
No Stress							Overstressed

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