

# Stress Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF STRESS AWARENESS.



## STRESS

Stress is how the brain and body respond to any demand. Any type of challenge - such as performance at work or school, a significant life change, or a traumatic event - can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Source: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>



## HUMAN RESOURCES DEPARTMENT

1201 E. 8<sup>th</sup> Street  
Mission, TX 78572  
956-580-8631

[www.missiontexas.us](http://www.missiontexas.us)

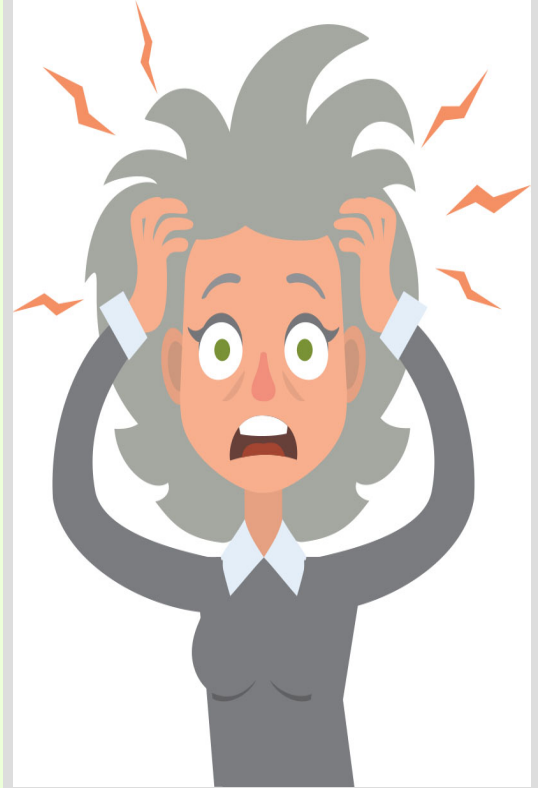
## Stress Affects Everyone

Everyone experiences stress from time to time. There are different types of stress - all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

Examples of stress include:

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.
- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

Source: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>

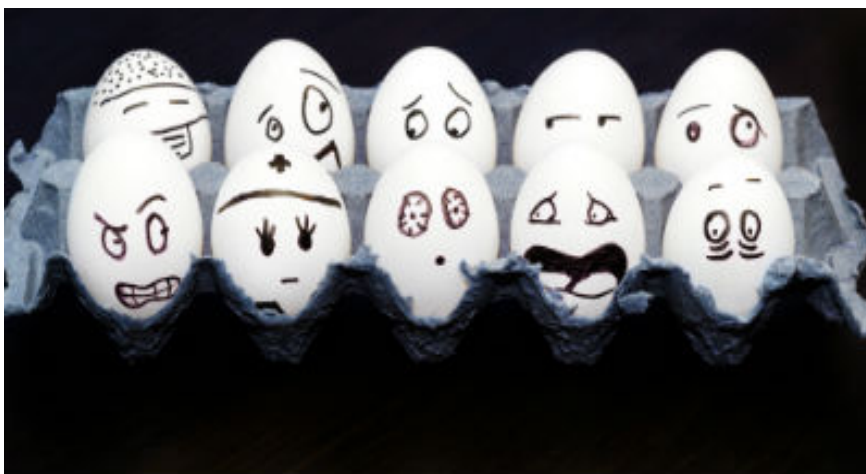


## Things You Should Know About Stress

Stress is how the brain and body respond to any demand. Any type of challenge - such as performance at work or school, a significant life change, or a traumatic event - can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Source: <https://www.nimh.nih.gov/health/publications/stress/index.shtml#:~:text=Stress%20is%20how%20the%20brain,Stress%20can%20affect%20your%20health.>



# ADDRESS YOUR STRESS

Apply these goal - setting tips to help you choose the kind of goals that will lead you toward stress management success.

- **Define specific goals:** Identify specific long and short-term goals that will help you reduce stress in your daily life. People who set specific goals are more likely to succeed.
- **Keep it simple and realistic:** Goals should be simple and realistic to reach. For example: "I will go to bed 30 minutes earlier than my normal bedtime each night." When you set your goals, try not to expect to make a lot of big changes at once.
- **Put it in writing:** Write down what you want to achieve and post it in a place where you will see it each day. Use positive terms when writing your goals. For example, change "I will stop going to bed late every night." To "I will go to bed earlier tonight." Every day, claim that goal again.
- **Develop an action plan:** Create a timeline and list the steps that will help you achieve your goal. Set deadlines for each step. Start with goals that can be accomplished in a short amount of time. As you complete the steps, cross them off your list for an immediate sense of accomplishment.
- **Ask for help:** Let your family and friends know what you are trying to achieve and ask for their support. A little encouragement can give you the boost you need to succeed.
- **Stay positive:** More than likely, success won't happen overnight. You may have a setback and experience difficulty accomplishing a goal. Try not to fall into the trap of discouragement - that just leads to giving up. Set a simpler and more realistic goal and try again. You can do it!
- **Reward yourself:** Acknowledge your accomplishments and do something nice for yourself. Go see a movie or give yourself a treat. No matter how small or great the accomplishment, celebrate your hard work and be proud of your achievement.

## TIPS FOR Natural Stress Relief

### 1. MEDITATION



Meditation or prayer may relieve stress by helping you cope with anxiety and providing a quiet moment during your day.

### 2. EXERCISE



Whether it's an intense gym workout or a gentle yoga session, exercise works to relieve stress naturally by triggering the release of endorphins, your brain's natural mood elevators.

### 3. DIET



Ensuring that your body receives the nutrients it needs could keep your mood even and give your brain the resources it needs to cope with stress more effectively. This includes avoiding sugar, alcohol, caffeine and polyunsaturated fats.

### 4. ESSENTIAL OILS AND HERBS



There are many natural herbs and essential oils that have been shown to reduce the effects of stress on the body. These include lavender, ginseng, holy basil and frankincense.

### 5. COGNITIVE BEHAVIORAL THERAPY (CBT)



CBT is a process of changing the way you look at events in your life, hopefully affecting how you react to them — thus reducing stress. One example: seeing a major life change not as the loss of something, but rather the opportunity for a fresh start.

### 6. GREEN TEA



Green tea contains an amino acid that stimulates the production of alpha brain waves, which reduce stress and improve focus and mental alertness. Two cups of green tea per day can do a lot to improve stress levels throughout the day.

### 7. KEEPING A JOURNAL



Taking time to reflect on your life may reduce stress by helping you keep things in perspective. Often, remembering what caused stress in the past will help you see that most worries turn out to be nothing serious.

### 8. SOCIAL ACTIVITIES



Spending time with people closest to you helps take your mind off daily stresses, and provides opportunities to talk about your worries with people you trust.

# Laugh More, Stress Less

What medicine is good for your health, has no negative side effects, is free and doesn't require a prescription? Believe it or not, the answer is laughter. A good laugh is no joke when it comes to stress and your health. Here are some of the health benefits you could reap if you laugh more and stress less:

## Stress hormone reduction

That good, relaxed feeling you get after a good laugh is because stress hormones in your body have been lowered. When the body responds to stress, the hormone levels rise. Long-term activation of the stress response system and overexposure to stress hormones can hurt your health and cause serious immune system problems. Laughter helps reduce stress hormones and increases the level of healthy hormones and increases the level of healthy hormones that give a sense of well-being and work to fight disease.

## Blood pressure

Laughter takes your focus off negative emotions and helps blood vessels work better. A recent study showed that laughter expanded blood vessels, lowering blood pressure, increasing the blood flow to the heart and pumping more oxygen in the blood.

## Brain

Mental stress is eased by laughter. It changes the way the brain operates so you are able to learn more easily and remember more of what you have learned.

## Immune Function

Laughter can even help improve your immune system. Positive thoughts during laughing episodes release chemicals that fight serious illnesses such as infections and cancer.

## Muscles

You don't even have to go to the gym. You can count laughter as exercise for your muscles. Laughter causes muscle relaxation, exercises the diaphragm, contracts the abs and works out the shoulders, leaving muscles more relaxed. Plus, laughter provides good workout for the respiratory system and your facial, leg and back muscles.

## Pain reduction

Laughter not only takes your mind off pain, it also sets off the production of the body's natural painkillers.

## Skin

Laughter feeds the skin by increasing blood supply to the face. It tones facial muscles - and here's the clincher - it helps make you look younger!



Source: American Psychological Association; Humor and Health Journal; Mayo Clinic

# Did You Know?



## Sweet Dreams

### 12 Ways to Redesign Your Bedroom for a Better Night's Sleep

To promote better, more restful sleep, turn your bedroom into a sanctuary. These simple tweaks can have a big impact.





## Long-Term Stress Can Harm Your Health

Coping with the impact of chronic stress can be challenging. Because the source of long-term stress is more constant than acute stress, the body never receives a clear signal to return to normal functioning. With chronic stress, those same lifesaving reactions in the body can disturb the immune, digestive, cardiovascular, sleep, and reproductive systems. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.

Source: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>



## Last Month's Winners:

March 11, 2021

"Colorectal Awareness"

Brad Bentsen - \$20.00 HEB Gift Card



## Upcoming Events:

Virtual Stress Awareness Seminar

Thursday, April 8, 2021

SOFA Webinar: Recurring Cash Flow

Thursday, April 15, 2021

DHR Urgent Care Webinar

Thursday, April 22, 2021

SOFA Webinar: Debt Free: Start Earning Interest Instead of Paying It

Thursday, April 29, 2021

## Let's Get Moving!

30 day WALKING CHALLENGE					
 Normal walking	 Moderately fast walking	 Fast walking			
DAY 1 5 MIN 	DAY 2 6 MIN 	DAY 3 7 MIN 	DAY 4 8 MIN 	DAY 5 9 MIN 	DAY 6 10 MIN 
DAY 7 REST	DAY 8 5 MIN  1 MIN  4 MIN 	DAY 9 4 MIN  2 MIN  4 MIN 	DAY 10 4 MIN  3 MIN  3 MIN 	DAY 11 3 MIN  4 MIN  3 MIN 	DAY 12 3 MIN  5 MIN  2 MIN 
DAY 13 2 MIN  6 MIN  2 MIN 	DAY 14 REST	DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN 	DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN 	DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN 	DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN 
DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN 	DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN 	DAY 21 REST	DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN 	DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN 	DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN 
DAY 25 1 MIN  7 MIN  1 MIN  1 MIN 	DAY 26 1 MIN  8 MIN  1 MIN 	DAY 27 1 MIN  9 MIN  1 MIN 	DAY 28 REST	DAY 29 1 MIN  10 MIN  1 MIN 	DAY 30 1 MIN  10 MIN  1 MIN 