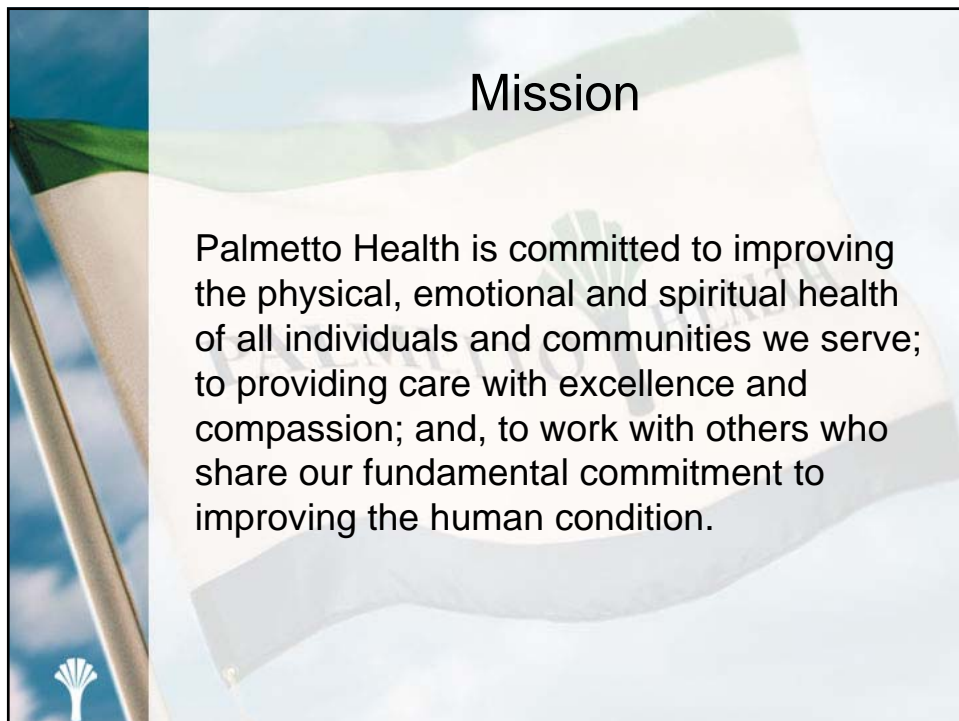




## Office of Community Health

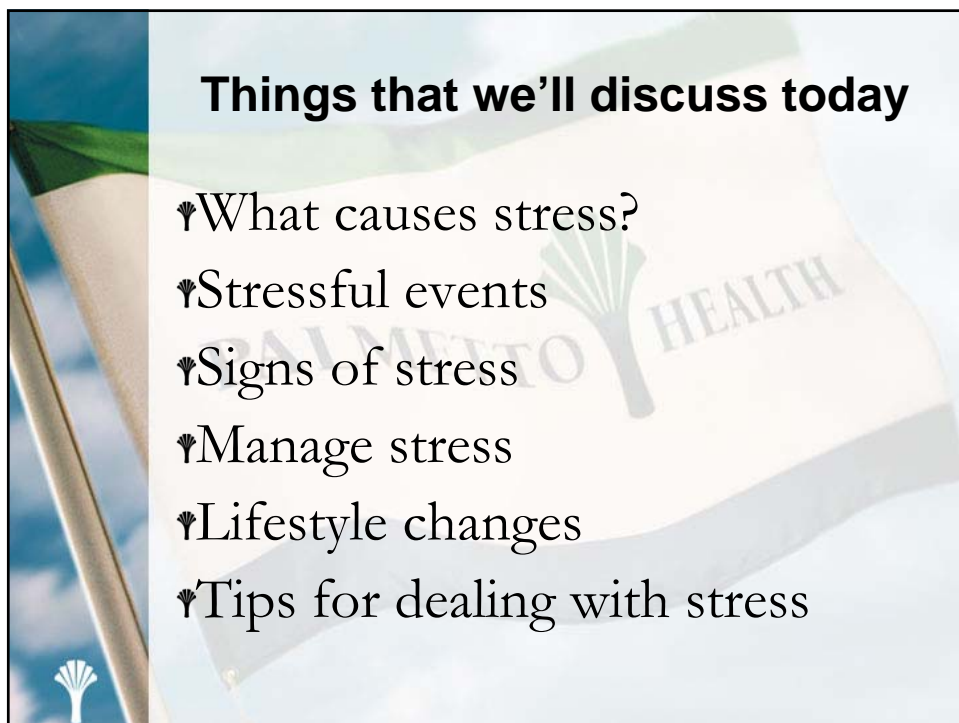
Mrs. Ava R Dean, BSN, MPH



## Mission

Palmetto Health is committed to improving the physical, emotional and spiritual health of all individuals and communities we serve; to providing care with excellence and compassion; and, to work with others who share our fundamental commitment to improving the human condition.





## What is stress?

† **Stress** is a biological term which refers to the consequences of the failure of a human or animal body to respond appropriately to emotional or physical threats to the organism, whether actual or imagined. It includes a state of alarm and adrenaline production, short-term resistance as a coping mechanism, and exhaustion. It refers to the inability of a human or animal body to respond.


† From Wikipedia, the free encyclopedia



## Stressful Events

- † It varies from person to person
- † Factors for some may be
  - Family
  - School
  - Finances
  - Life in general
  - Work (video)





## Signs of Stress

- ↑Anxiety
- ↑Back Pain
- ↑Constipation
- ↑Depression
- ↑Fatigue
- ↑Headaches
- ↑High Blood Pressure
- ↑Insomnia
- ↑Stiff neck
- ↑Upset Stomach
- ↑Weight gain or loss



## Manage Stress

- ↑Manage mental and physical health.
- ↑Know the warning signs of stress and monitor stress levels.
- ↑Change your reaction to stressful events.

Source: CDC; NSAD- <http://www.cdc.gov/nasd/docs/d001701-d001800/d001746/d001746.html>



## Lifestyle Changes

- † Keep a positive attitude.
- † Accept that stress is a part of life.
- † Clearly define home and work responsibilities.
- † Manage time.
- † Set realistic goals.
- † Learn to relax. Employees who take mid-morning and afternoon breaks will be able to get more accomplished.

Source: CDC; NSAD- <http://www.cdc.gov/nasd/docs/d001701-d001800/d001746/d001746.html>

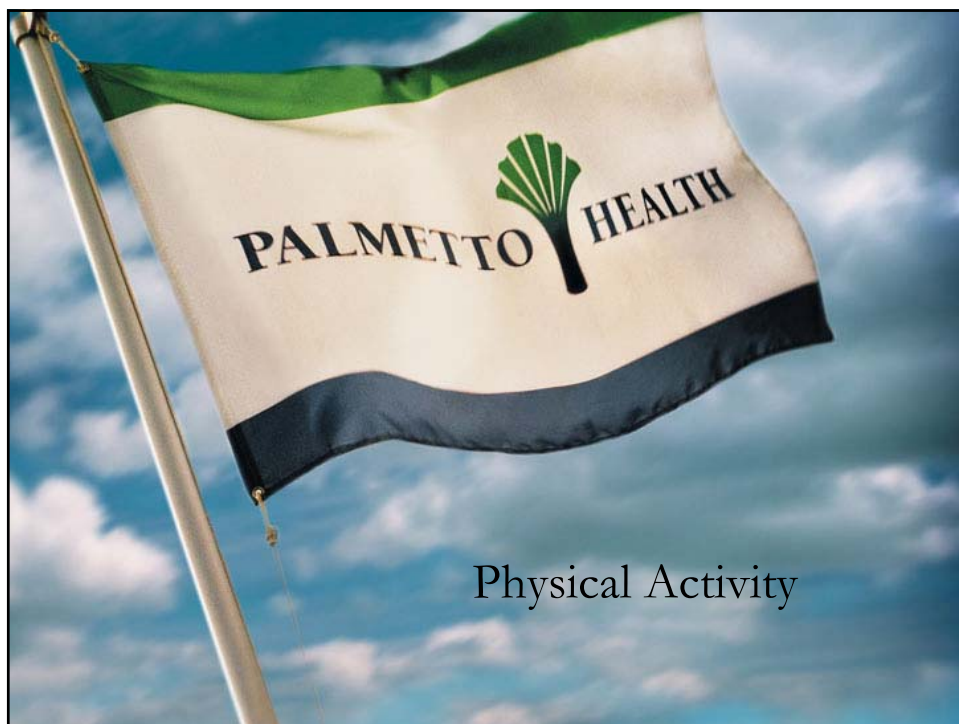


## Tips for dealing with stress

- † Don't worry about things you can't control
- † Work to resolve conflicts with other people
- † Try to look at change as a positive challenge, not a threat
- † Ask for help from friends family or professionals
- † Set realistic goals at home or at work
- † Eat balanced meals and get enough sleep
- † Exercise on a regular basis
- † Meditation- deep breathing

† Information taken from [www.familydoctor.org](http://www.familydoctor.org)








## What is Physical Activity

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active.

[www.MyPyramid.gov](http://www.MyPyramid.gov)





## Why is it important?

- † Improves self-esteem and feelings of well-being
- † Increases fitness level
- † Helps build and maintain bones, muscles, and joints
- † Builds endurance and muscle strength
- † Enhances flexibility and posture
- † Helps manage weight
- † Lowers risk of heart disease, colon cancer, and type 2 diabetes
- † Helps control blood pressure Reduces feelings of depression and anxiety



## Physical Activity Guidelines

- † It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.
- † *Center for Disease Control*

## Quiz

### True or False

1. Controlling the diet can control stress. TF
2. Exercise may help to manage stress. TF
3. Setting realistic goals helps reduce stress. TF
4. Stress is a part of life that everyone must deal with to be active and productive. TF
5. Seek help for stress management before it gets out of control. TF

Source: CDC; NSAD- <http://www.cdc.gov/nasd/docs/d001701-d001800/d001746/d001746.html>



## Questions?

