

Stress

Stress is what you feel when you react to pressure. Pressure can come from things like work, family, money, illness, or from an internal need such as wanting to achieve a goal, wanting to fit in, or the way you feel about yourself. Everyone handles stress differently.

Stress Signs

Change in Feelings - feeling sad, edgy, irritable, anxious, or panicked, much of the time, blaming other people for bad things that happen to you.

Symptoms of Depression - only seeing the downside of situations, feeling like things that you used to enjoy aren't fun now.

Physical Ailments - dry mouth or skin problems, loss of appetite or need to eat constantly, headaches, stomachaches, diarrhea or constipation, trouble sleeping.

How Stress Harms Your Health

Stress can contribute to the following conditions:

- Anxiety Disorder
- Depression
- Diabetes
- Hair loss
- Heart disease
- Hyperthyroidism
- Sexual Dysfunction
- Tooth and gum disease
- Ulcers
- Weight gain or loss

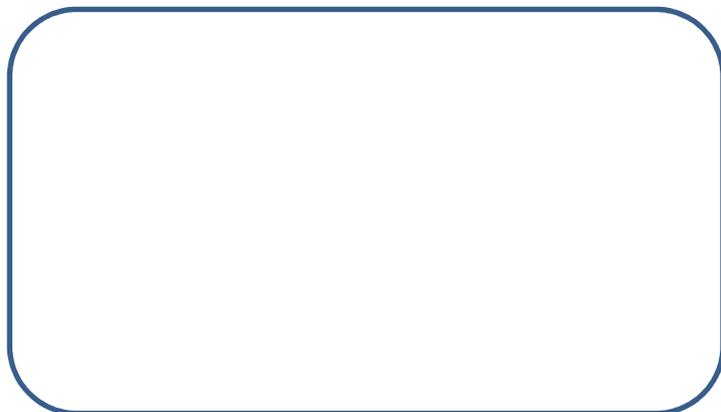
How to Lower Your Stress Level

- Don't Over Schedule Yourself - Leave room in your life for the things you like to do, for things that make you laugh, and for moments with friends and family.
- Make a List and Ask for Help - Make a list of all the things that have to get done. Decide which ones are the most important, which are less important and can wait, and which you can get help with. Then work on them one by one.
- Have Healthy Habits - Exercise, eat well and get enough sleep.
- Relax - Take time to unwind and calm down every day. Try going for walks, reading, doing a craft, sitting and enjoying time with friends or family. Follow the guide below to engage your relaxation response.

Visit <http://mdCurrent.in> for more articles to help you relax: *Deep Breathing, Tense & Relax (Progressive Muscle Relaxation), Guided or Visual Imagery and Mindful Meditation.*

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