



## EFFECTS OF STRESS

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, emotional, and behavioral responses. Stress can be positive (completing a school project) or stress can be negative (unexpected change or loss of a loved one).

Stress is a normal part of life. Many events that happen to you and around you - and many things that you do to yourself - put stress on your body. You can experience stress from your environment, your body, and your thoughts.

### Types of Stress

- Routine and ongoing pressures
- Stress due to a sudden change
- Traumatic or threatening situation

### Reactions to Stress

The human body is designed to experience stress and react to it. Stress can be helpful to keep us alert, meet deadlines, and avoid danger. Stress becomes harmful when a person faces continuous challenges without relief or relaxation between challenges.

Mental reactions - trouble concentrating, feeling "foggy," worrying

Physical reactions - problems with digestion, headaches, chest pain, rapid heart rate

Emotional reactions - anger, irritability, withdrawn, sad, overwhelmed

Behavioral Reactions - changes in appetite or sleep, nervous habits (nail biting, pacing), using substances, procrastinating/neglecting responsibilities

### Managing Stress

- Recognize the stress signs and symptoms in yourself
- Be realistic - re-evaluate your priorities, set healthy boundaries
- Be kind to yourself - less criticism and negativity and more focus on the positives
- Perform one task at a time to feel more productive; multi-tasking is a myth
- Exercise, eat right, get adequate sleep
- Be more present and mindful
- Avoid substances (drugs, tobacco, alcohol)
- Get a routine medical evaluation
- Seek support from a friend or professional

*If you want to cope better with stress,  
PCCAPS can help.*

**PCCAPS**

**Contact Centerstone Solutions  
at (800) 766-0068**