

## Topic of the Month – Stress

### 5 Stress Management Tips

1. Often angry or irritated? Consider the weight of cognitive distortions. Are you magnifying a problem, leaping to conclusions, or applying emotional reasoning? Take the time to stop, breathe, reflect, and choose.

2. Overextended? Clear the deck of at least one time-consuming household task by hiring help. If you can, hire a housecleaning service, shop for groceries through the Internet, convene a family meeting to consider who can take on certain jobs, or barter with or pay teens for work around the house and yard. Consider what is truly essential and important to you and what might take a backseat right now.

3. Not enough time for stress relief? Try mini-relaxations. Or make a commitment to yourself to pare down your schedule for just one week so you can practice evoking the relaxation response every day. Slowing down to pay attention to just one task or pleasure at hand is an excellent method of stress relief.

4. Feeling unbearably tense? Try massage, a hot bath, mini-relaxations, a body scan, or a mindful walk. Practically any exercise — a brisk walk, a quick run, a sprint up and down the stairs — will help, too. Done regularly, exercise wards off tension, as do relaxation response techniques.

5. Feeling lonely? Connect with others. Even little connections — a brief conversation in line at the grocery store, an exchange about local goings-on with a neighbor, a question for a colleague — can help melt the ice within you. It may embolden you, too, to seek more opportunities to connect. Be a volunteer. Attend religious or community functions. Suggest coffee with an acquaintance. Call a friend or relative you miss. Take an interesting class. If a social phobia, low self-esteem, or depression is dampening your desire to reach out, seek help. The world is a kinder, more wondrous place when you share its pleasures and burdens.

<http://www.health.harvard.edu/healthbeat/10-simple-steps-to-help-destress>

### Overview of Stress

Stress can be a good thing, but it seems to be a problem in society today. For many individuals, stress can be caused by numerous things such as financial problems, major life changes, being too busy, and relationship difficulties. Stress is such a hard thing to treat since it can be caused by everyday things, but there are ways to cope with it. People should learn to relax by avoiding unnecessary stress, adapting to the situation, and accepting changes. A healthy diet, regular exercise, and enough sleep will also help to deal with stress. If people learn to relax by do these simple things, their stress levels will decrease.



<http://m.helpguide.org/articles/stress/stress-signs>

### Good Stress?

The stress response (also called the fight or flight response) is critical during emergency situations, such as when a driver has to slam on the brakes to avoid an accident. It can also be activated in a milder form at a time when the pressure's on but there's no actual danger — like stepping up to take the foul shot that could win the game, getting ready to go to a big dance, or sitting down for a final exam. A little of this stress can help keep you on your toes, ready to rise to a challenge. And the nervous system quickly returns to its normal state, standing by to respond again when needed.



[http://kidshealth.org/teen/your\\_mind/emotions/stress.html](http://kidshealth.org/teen/your_mind/emotions/stress.html)

## "Food" Goal this Month



Eat more fruits and veggies. They are good sources of water and kids should drink more water when they're ill, when it's hot out, and when they're physically active.

## Health Quiz of the Month

1. According to the Centers for Disease Control and Prevention (CDC), what percentage of all illnesses and disease is stress-related?	A. 25% B. 60% C. 90%
2. Stress can cause alopecia areata. What part of the body does this disorder affect?	A. Skin B. Hair C. Heart
3. What is the circulatory system's response to stress?	A. Blood flow decreases by 50% B. Blood flow increases slightly C. Blood flow increases by 300 to 400 %

Answers 1 - C; 2 - B; 3 - C

<http://health.howstuffworks.com/wellness/stress-management/stress-quiz.htm>

## "Move" of the Month

### 30 Day Challenge

Take the 30 day fitness challenges

<http://30dayfitnesschallenges.com/>

## Upcoming September 2014

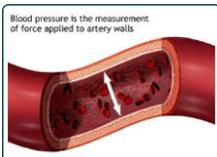
Next newsletter will focus on

**Food Safety**

## Fun Facts

### The Silent Killer

Stress has been called "the silent killer" and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat



Blood pressure is the measurement of force applied to artery walls

<http://facts.randomhistory.com/stress-facts.html>

### Stressful Cities?

The top three stressful cities in America are Chicago, Illinois; Los Angeles, California; and New York, New York



<http://facts.randomhistory.com/stress-facts.html>

### Laugh More

Laughing lowers stress hormones (like cortisol, epinephrine, and adrenaline) and strengthens the immune system by releasing health-enhancing hormones



<http://facts.randomhistory.com/stress-facts.html>