



HEALTH ADVISORY

STRESS



Is a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.

HOW DOES STRESS AFFECT US?

Stress affects both the mind and the body. A little bit of stress is good and can help us perform daily activities. Too much stress can cause physical and mental health problems. Learning how to cope with stress can help us feel less overwhelmed and support our mental and physical well-being.

PHYSICAL SIGNS OF STRESS



LUMP IN THE THROAT



HEADACHES LASTING SEVERAL HOURS OR UP TO 2-3 DAYS



NECK AND SHOULDER PAIN



HEAVY CHEST



NOT FEELING HUNGRY



TIGHT MUSCLES



BACK PAIN



UPSET STOMACH

HOW CAN I MANAGE STRESS?

- Learn stress management
- Keep a daily routine
- Get plenty of sleep
- Connect with others
- Eat healthy
- Exercise Regularly
- Limit time following news

Pausing, breathing, and reflecting through slow breathing techniques can help to reduce stress

Most of us manage stress well and continue to function. If we have difficulties coping with stress, we should seek help from a trusted health-care provider or from another trusted person in our community.

Source: **WORLD HEALTH ORGANIZATION**