

## RESOURCES

If you feel you need additional assistance for dealing with stress in your life, there are many places to get help –

- ▶ Call your doctor or nurse
- ▶ Call Customer Service at **(800) 362-3310**
- ▶ Ask your employer's Human Resources Department if you have an Employee Assistance Program (EAP)

### **American Institute of Stress**

9112 Camp Bowie West Blvd. #228  
Fort Worth, TX 76116 USA  
Main: **(682) 239-6823**  
Fax: **(817) 394-0593**  
[stress.org](http://stress.org)

### **National Institute of Mental Health**

Science Writing, Press, and Dissemination Branch  
6001 Executive Boulevard, Room 6200, MSC 9663  
Bethesda, MD 20892-9663  
Toll-free: **(866) 615-6464**  
[nimh.nih.gov](http://nimh.nih.gov)

### **Mental Health America**

500 Montgomery St., Suite 820  
Alexandria, VA 22314  
[mentalhealthamerica.net](http://mentalhealthamerica.net)

The resources listed are available for educational purposes only. Always consult your health care practitioner about your specific care.

[QuartzBenefits.com](http://QuartzBenefits.com)

Quartz Customer Service | (800) 362-3310

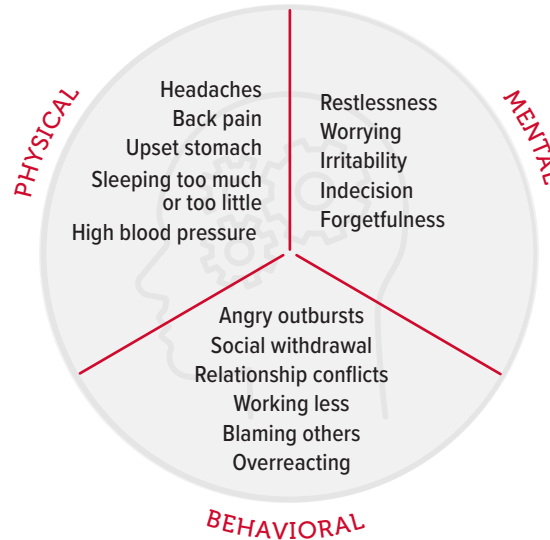


# MANAGING STRESS

# Quartz



## SYMPTOMS OF STRESS



## SHORT-TERM EFFECTS OF STRESS

In a stressful situation, the body releases chemicals that trigger –

- ▶ Increased heart rate and blood pressure
- ▶ Rapid breathing
- ▶ Increased perspiration
- ▶ Muscle tension
- ▶ A sudden rush of strength
- ▶ Slowed digestion
- ▶ Dilated pupils

## LONG-TERM EFFECTS OF STRESS

The impact of chronic stress may lead to the following –

- ▶ High blood pressure
- ▶ Muscle tension
- ▶ Getting sick easily
- ▶ Being tired
- ▶ Trouble sleeping
- ▶ Feeling down

## TAKING CARE OF YOURSELF

It is important to find out what is causing stress in your life so that you might find ways to reduce or eliminate the stress. **Some methods for dealing with stress are –**

- ▶ Put a positive spin on the situation
- ▶ Have a sense of humor
- ▶ Manage your time and identify priorities
- ▶ Write about your thoughts and feelings
- ▶ Spend time doing what you enjoy
- ▶ Turn to family and friends for support
- ▶ Get active and exercise
- ▶ Practice yoga or Tai Chi
- ▶ Learn to meditate or calm your thoughts
- ▶ Practice slow, deep breathing
- ▶ Tense and release your muscles through progressive muscle relaxation
- ▶ Create your own special place through guided imagery
- ▶ Get a massage
- ▶ Listen to soothing music

For additional information, visit

[QuartzBenefits.com/healthtopics](https://www.QuartzBenefits.com/healthtopics) and search stress.

## WHAT IS STRESS?

Stress can affect one's mind, body, spirit or emotions. Some stress is normal and even useful. It can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important project on time. But if stress happens too often or lasts too long, it can have bad effects.

## COMMON CAUSES OF STRESS

- ▶ Health problems or chronic illness
- ▶ Emotional problems, such as depression or anxiety
- ▶ Relationship problems
- ▶ Unhappy with career or employment issues
- ▶ Social or environmental issues such as poverty or loneliness
- ▶ Stages of life, such as leaving home, getting married or having a baby
- ▶ Feeling out of balance, like you are not spending enough time in the areas in your life that are important to you