

STRESS AND DE-STRESS!

Stress is the trash of modern life - we all generate it but if you don't dispose of it properly, it will pile up and overtake your life...Danzae Pace

STRESS: WHAT TO KNOW!

- ❖ Stress is often seen as an event or situation that happens to people but it is really how we perceive and think about the situation that causes our stress
- ❖ Any type of change can be perceived as stressful and what is stressful for one person may not be stressful for another
- ❖ We feel stress when our perceived threats overwhelm our ability to cope
- ❖ 1/3 of Americans feel they are living with extreme stress, 1/2 feel their stress has increased in the past 5 years, 3/4 say money and work are the leading cause of stress
- ❖ 54% of Americans believe stress causes them to fight with people close to them, 25% believe that stress has alienated them from friends and family members
- ❖ Workplace stress costs more than \$300 billion a year in health care and missed work
- ❖ The three major reasons people feel stress are: a change in their lives, a perceived threatening situation, and a loss of control over their lives
- ❖ Common stressful situations include money problems, divorce, being laid off from a job, moving to another location, the death of a loved one, illness, etc.
- ❖ Other common sources of stress include information overload, feeling helpless and powerless, dramatic or annoying people, politics, a never-ending to-do list, etc.
- ❖ In small doses, stress can be positive in that it can motivate people to do things
- ❖ Excessive or prolonged stress can lead to depression, anxiety, heart disease, decreased immune system, headaches, and even cancer
- ❖ Common signs of excessive stress include irritability, sensitivity to criticism, tension, sleep problems, nail-biting, difficulty waking up, attention/concentration problems
- ❖ Common ways people poorly handle stress include smoking, drinking, drugging, overeating, gambling, playing video games, zoning out watching television, oversleeping, procrastinating, overworking, lashing out against others, withdrawal, etc.

DE-STRESS: WHAT TO DO!

- ❖ De-stressing is about taking charge of your thoughts, emotions, and your problems
- ❖ Relax by having fun, going for a walk, exercising, talking to friends, playing with pets, getting a massage, practicing yoga/meditation, listening to music, watching a comedy
- ❖ Specific relaxation techniques include deep breathing, slower breathing, massage, guided imagery, and tensing-relaxing different muscle groups
- ❖ Identify the sources of your stress by looking at your attitudes, habits, and excuses
- ❖ Keep a stress journal to identify and track the patterns and themes of your stressors
- ❖ Avoid unnecessary stress by setting boundaries and learning to say no
- ❖ Reduce stress by managing your time, being assertive, and expressing your feelings
- ❖ De-stress by thinking positive, seeing the big picture, and reframing the problem; ask yourself if this will be a problem next week or next year
- ❖ Don't try to control what you can't; accept the situation and practice forgiveness
- ❖ Get regular exercise and enough sleep, eat healthy, reduce caffeine, avoid alcohol/drugs/cigarettes, and lower your expectations for yourself and others
- ❖ Seek professional help if you remain overwhelmed by stress

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive
Coral Springs FL 33067