What could happen if you don’t do something about your stress?

Physical and mental stresses can cause physical illness as well as mental or emotional problems, such as:

- **Hair** loss and baldness.
- **Muscle** spasms and pain in shoulders and lower back.
- **Stomach** ulcers, irritable colon, and gastritis.
- **Skin** problems such as eczema and psoriasis.
- **Insomnia**
- **Mouth** ulcers and excessive dryness.
- **Heart** disease and hypertension.
- **Asthma**
- **Headaches**
- **Personality** changes.
- **Irritability**
- **Anxiety**
- **Depression**

For more information contact:

Catholic Charities
Family Counseling
1 Kimball Street
Amsterdam, NY 12010
(518) 842-4202

HOTLINE - 1-800-721-2173
Montgomery County
Domestic Violence
1 Kimball Street
Amsterdam, NY 12010
(518) 842-3384

Montgomery County Public Health
20 Park St.
Fonda, NY 12068
(518) 853-3531

The Community Hospice of Amsterdam Grief Center
246 Manny’s Corner Road
Amsterdam, NY 12010
(518) 843-5412

University at Albany, SUNY
www.albany.edu/cemhd
(518) 442-5976

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The best way to **reduce stress** is to prevent it. However, some stress is a normal part of living. Here are three major steps you can take to keep daily stress from becoming a problem:

1) take time to **relax**, 2) **talk** with friends, and 3) learn to keep a **positive** outlook.

For example, you can:

### Exercise regularly.
Frequent exercise helps people of all ages look and feel better.

### Count to ten.
This makes you stop and relax before you react to a stressful situation.

### Get help when you need it.
If you are losing sleep or have headaches or neck and back pain, you should see a doctor.

### Take a few deep breaths.
Breathing slower helps your muscles relax.

### Take a good stretch.
Stretching relaxes muscles, which helps them feel less tense.

### Massage tense muscles.
The muscles in your neck and upper back usually get tense when you are stressed. You may massage them yourself or ask a friend or professional.

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You may want to seek help if you:

- ✔ have a dramatic change in your sleeping or eating habits.
- ✔ have constant physical ailments and complaints.
- ✔ use too much alcohol or drugs.
- ✔ are anxious a lot.
- ✔ have a sharp decline in your work or school performance.
- ✔ feel you can't cope with the demands of daily life.
- ✔ have irrational fears.
- ✔ self-mutilate or act dangerously.
- ✔ think about suicide or want to hurt others.

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