

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

Adapted from the American Institute of Stress

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



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www.albany.edu/cehd
(518) 442-5976

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A
B
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STRESS

**and What
to Do
About It.**

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.

Get help when you need it.

If you are losing sleep or have headaches or neck and back pain, you should see a doctor.

Talk to your family and friends about your feelings.

It is important for them to know how you feel so they can help you.

Count to ten.

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

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.

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.