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What is Stress?

Stress is how the brain and body respond to any demand. Every type of demand or stressor – such as exercise, work, school, major life changes, or traumatic events – can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with major and minor stress events so that you know when to seek help.



5 things you should know about



- Stress affects everyone
- Not all stress is bad
- Long term stress can harm your health
- There are ways to manage stress
- If you're overwhelmed by stress, ask for help from a health professional

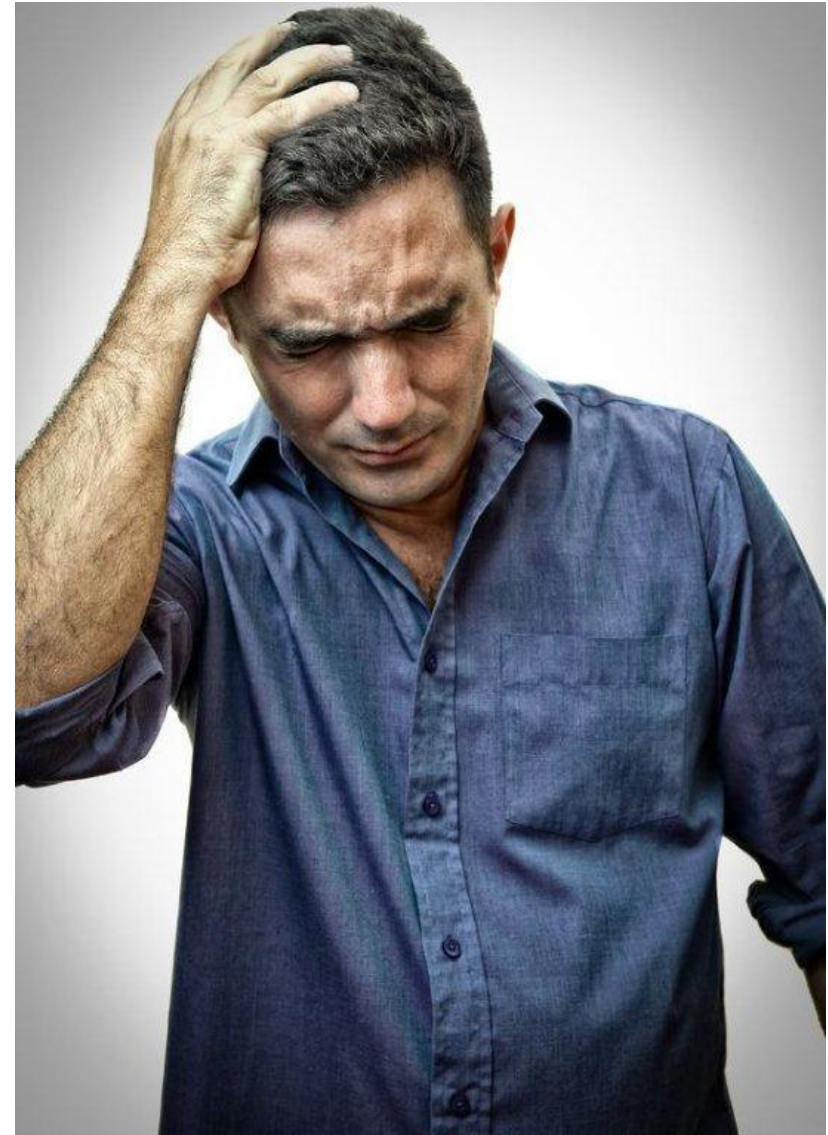


Stress affects everyone

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others.

Examples of stress include:

- Routine stress (work, school, family, or other daily responsibilities)
- Stress brought by a sudden negative change (losing a job, divorce, illness)
- Traumatic stress experienced in an event (major car accident, war, assault)



Not all stress is bad

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job.

Stress can even be life saving in some situations. In response to danger, your body prepares to face a threat or flee for safety.



Long term stress can harm your health

Health problems can occur if the stress response goes on for too long or becomes chronic. With chronic stress, those life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.



There are ways to manage stress

- Exercise
- Deep breathing / meditation
- Eat well
- Slow down and enjoy what you are doing
- Take a break from time to time
- Make time for hobbies
- Talk about your problems
- Go easy on yourself





SLOW
DOWN



RELAX



ENJOY
LIFE



TAKE
IT
EASY



GO
OUTSIDE



If you're overwhelmed by stress, ask for help!

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using alcohol or drugs to cope. Your doctor may be able to provide a recommendation.



Resources

10 tips to manage stress

<http://www.webmd.com/balance/guide/tips-to-control-stress#1-2>

5 things you should know about stress

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

NAU Health Promotion Office

Room 1509 on the 1st floor of the HLC

nau.edu/healthpromotion

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