



**English: 1-800-LIFENET (1-800-543-3638)**

**Spanish: 1-877-AYUDESE (1-877-298-3373)**

## **WHAT TO KNOW ABOUT STRESS**

Everyone feels stress from time to time. Sometimes the stress can feel like too much to handle. Too much stress can lead to developing both physical and emotional problems.

### **SOME COMMON SIGNS OF STRESS**

- Trouble falling asleep, waking up at night, grinding teeth at night
- Headaches, muscle tension in back, neck, shoulders
- Upset stomach, nausea, decreased appetite, cramps
- Chest pain, faster heartbeat, increased blood pressure
- Overreacting to ordinary events which normally would not be a problem
- Increased irritability, nervousness, sadness or worry

### **STRATEGIES FOR MANAGING STRESS**

- Eat well and get enough sleep
- Participate in interesting activities or hobbies
- Build relaxation into each day
- Exercise often



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## **WHAT TO KNOW ABOUT ANXIETY**

Anxiety is the feeling of being worried or nervous. Everyone gets anxious now and then, especially if they are dealing with stress. If you have stress or anxiety which feels hard to handle, it is a good idea to seek help from your doctor or a counselor.

### **SOME COMMON SIGNS OF ANXIETY:**

- Feelings of overwhelming worry, nervousness, panic or fear
- Worrying so much that it's hard to manage regular life
- Not wanting to leave the house or be in social situations
- Increased heart beat, chest pain or shortness of breath

### **SELF-HELP FOR STRESS OR ANXIETY:**

- Try relaxation exercises like deep breathing, yoga or meditation
- Get emotional support from friends or family
- Connect with a counselor or therapist