# STRESS

## WE ALL HAVE IT

Stress is a feeling of being overwhelmed, worried or run-down. Stress affects people of all ages, genders and circumstances and can lead to both physical and psychological health issues.

Some stress can be beneficial at times, producing a boost that provides the drive and energy to help people get through situations like exams or work deadlines. However, an extreme amount of stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a weakened immune system. Chronic stress can occur in response to everyday stressors that are ignored or poorly managed, as well as exposure of traumatic events.

It is important to manage chronic stress by using self-care. Managing chronic stress involves recognizing its presence in your life and making a commitment to practice self-care to decrease your stress level and manage the situations that you find yourself in. This usually requires taking some time to learn and practice stress management strategies on a daily basis.

## STRESS IN THE NEWS

### HOW STRESS AFFECTS THE BRAIN

CLICK THE CLIP BELOW TO WATCH!

### READ MORE...

HOW CHRONIC STRESS CAN DAMAGE BRAIN STRUCTURE AND CONNECTIVITY

## TRY THESE STRESS MANAGEMNET TECHNIQUES:

**TAKE DEEP BREATHES**
**EXERCISE**

**TALK TO A FRIEND**
**ENGAGE IN HUMOR**

**PRACTICE MEDITATION**
**LISTEN TO MUSIC**

• CARE •
Customer Awareness
Response Effort

COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT