



Under Pressure? April is Stress Awareness Month Know the Symptoms



Physical Symptoms

- Muscle tension
- Muscle pain
- Dry mouth
- Headaches
- Hyperventilation
- Heartburn or indigestion
- Diarrhea
- Vomiting
- Heart palpitations
- Loss of appetite or increased appetite
- Weight loss or weight gain
- Fatigue
- Insomnia
- Frequent illness
- Rapid pulse
- Loss of interest in sex
- Irregular menstrual cycles

Emotional Symptoms

- Crying
- Impatience
- Irritability
- Hostility and combativeness
- Worrying
- Depression
- Anxiety
- Suspiciousness
- Feeling numb, cold or uncaring
- Confusion
- Low self-esteem



Behavioral Symptoms

- Inability to concentrate
- Tardiness
- Absenteeism
- Indecisiveness
- Focusing on insignificant details
- Fighting
- Rushing
- Nail biting
- Overeating
- Alcohol, drug use and/or smoking
- Lack of motivation
- Poor judgment
- Clumsiness
- Low productivity
- Tapping feet or fingers
- Withdrawal

Need help?

Call Employee Assistance X36130



www.explorationwellness.com

April Challenge



Mayo Clinic: My Stress Solution



My Stress Solution is an interactive behavior change program designed to help people understand and cope with their stress through:

- Increasing awareness of the need for change
- Assessing readiness for change
- Providing a process for change
- Providing motivation and support



Program Goals:

- Help you understand *your unique stressors*
- Prepare you to *manage your stress*
- Help you develop *your coping techniques*

Did you know that the following behaviors can help control stress?

- A positive attitude
- Setting realistic goals
- A healthy diet
- Exercise
- Asking for help before you're overwhelmed



To participate: log into the Mayo Clinic website via www.explorationwellness.com

My Stress Solution can be reached at the *My Rewards* link

- Click on *My Rewards*
- Click on *2011 Reward Point Program*
- Scroll down to the *My Stress Solution Engagement* link





JSC Wellness Program

April Newsletter

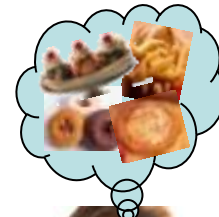
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Stress Eating Causing You Problems - Tips To Limit The Damage

- 1. Try to wait.** Tell yourself to wait 15 or 30 minutes to eat. The craving to eat may pass or you may become distracted and forget about food.
- 2. Keep track of what you eat.** Looking at the day's list of what you have already eaten may convince you not to have that extra helping or that sweet. Plus you will get in the good habit of thinking before you eat.
- 3.** If you have a pattern of snacking at a certain time of day, **change your routine** to keep yourself occupied during that period.
- 4.** Make it a habit to **eat only when seated** and when not otherwise occupied by a task. You will focus more on eating and tend to eat less.
- 5. Eat regularly.** If you wait until you are 'starving,' you may lose discretion over what you eat and how much.
- 6.** Put a **Post-It note** on your bathroom mirror or on your office computer or in your car reminding you to think before you eat. Examples might be "**Are you really hungry?**" or "Think about why you're eating."
- 7.** Know thyself - and your weakest times and places. **Don't go there.**
- 8.** Remove trouble. **Throw out tempting foods from your home or desk.** Never grocery shop when hungry; bring home only food that you feel good about eating.
- 9. Make time for physical activity.** Exercise is a natural stress-reducer.
- 11.** Psychologists are frequently contacted to assist people who need either basic behavioral weight loss treatment while others suffering from depression and low self-esteem may require more specialized treatment. Remember. When you need to talk to someone who can help, you need an experienced, licensed psychologist. Reference: The American Psychological Association



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