

NUTRIFAX[®]

Stress

Stress is a normal reaction to the demands of life. The inability to handle stress is taxing on the mind as well as the body, impacting physical health, thoughts, feelings, and behaviors. Ongoing, unmanaged stress can lead to serious health related complications. Work, family, social situations, day-to-day activities, and commitments can all be overwhelming.



Effects of stress on your body:

- Headache
- Back pain
- Chest pain
- Heart disease
- Heart palpitations
- High blood pressure
- Decreased immunity
- Stomach upset
- Sleep problems

Effects of stress on your thoughts and feelings:

- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression/Sadness
- Anger
- Feeling Insecure
- Lack of Focus
- Burnout
- Forgetfulness

Effects of stress on your behavior:

- Overeating
- Undereating
- Angry outburst
- Drug or alcohol abuse
- Increased smoking
- Social withdrawal
- Crying spells
- Relationship conflicts

Stress management techniques:

- Get regular exercise
- Be mindful of the present
- Take a deep breath
- Pray
- Go to your happy place
- Practice yoga
- Live a healthy lifestyle

**Food and Nutrition Services
can assist in providing nutrition information.
Call 703-813-4800 and ask for a Registered
Dietitian.**