

QUICK FACTS

- Stress is your body and brain's natural reaction to a new demand or change.
 - A stress reaction can be either positive or negative.
 - When we're in a dangerous situation and need to act fast, stress helps us perform tasks by engaging our fight-or-flight response.
 - However, stress can still be a negative force.
- A prolonged period of negative stress can have adverse health consequences. Stress can impact almost all of your body's systems.
- You can lower your stress levels by creating a self-care routine.
 - Self-care is defined as any activity that helps us nurture and care for our own mental, emotional, spiritual, social, and physical health.
 - Self-care is vital for building resistance to stress. Over time, self-care practices can become good habits, which promote resilience and improve our overall wellness.

SIGNS OF STRESS IN CHILDREN AND YOUTH

- Emotional changes like fear, sadness, or irritability.
- Behavioral changes such as crying, losing their temper, self-isolation, or no longer taking pleasure in activities they enjoy.
- Physical symptoms such as stomachaches, headaches, vomiting, or inability to sleep.

SIGNS OF STRESS IN ADULTS

- Emotional changes like anxiety, depression, anger, and burnout.
- Behavioral changes such as social withdrawal, relationship conflicts, impatience, drinking, or drug use.
- Physical symptoms such as headaches, stomachaches, indigestion, muscle tension, weight loss or gain, rapid heart rate, high blood pressure, illness, sleep difficulties, restlessness, and changes in eating habits.
- Cognitive symptoms such as trouble concentrating, racing thoughts, poor judgment, and forgetfulness.

CEO Ingaude Company

For over 5 years, our company has been
helping people overcome their struggles.

RECOVERY IS POSSIBLE

Call 910-862-6900 today to speak to
someone who can help.

TYPES OF SELF CARE

PHYSICAL

- Seek medical care for health conditions as necessary.
- Eat a healthy diet.
- Get enough sleep.
- Stretch muscles and exercise often.
- Take any medications as prescribed.

EMOTIONAL

- Talk about your feelings with someone close to you.
- Do at least 1 activity a day that brings you joy.

SPIRITUAL

- Do at least 1 activity a day that helps you relax or connect with your environment.
- Meditate or participate in self-reflection.
- Attend a worship service or say a prayer if that's part of your spiritual practice.

SOCIAL

- Spend time with people who make you happy.
- Make time for important people in your life.

MENTAL

- Make time for crossword puzzles, number games, or other activities that stimulate the brain.
- Read a book or learn something new about a subject that interests you.
- Practice the same kindness and acceptance with yourself that you would with a loved one.

OTHER SUPPORTIVE TECHNIQUES

- Set limits on how much time and energy you give to stressful activities and people.
- Seek professional help when you need it.

TAKE ACTION

If you are worried that you or a loved one may be exhibiting signs of stress:

- Seek assistance from your family medical or mental health professional.
- Remember, early intervention is always best for protecting your health and well-being.

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Resources available upon request.

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