

IS IT STRESS OR ANXIETY?



Stress can be the body's normal response to life's challenges and troubles such as money concerns, relationship problems, managing your health, or caring for others.

Stress can cause any of these symptoms:

- Emotions like frustration, worry, fear, or anger
- Physical symptoms like headaches, body aches, muscle tension, or stomach issues
- Appetite changes
- Trouble sleeping or nightmares
- Changes in energy levels

Healthy Ideas for Managing Stress:

- Physical activity
- Eat a well-balanced diet
- Adequate sleep
- Abstain from alcohol and drugs
- Practice relaxation and deep breathing
- Connect with family or friends or a therapist
- Take a break or limit social media and news outlets

When it's Important to Ask for Help

- Have your symptoms persisted over several months?
- Are your symptoms interfering with your ability to carry out your daily activities?
- Are your symptoms interfering with your relationships?
- Are you having a difficult time controlling your symptoms?

If you answered “yes” to any of the above questions, please schedule an appointment to discuss with your healthcare provider.

Treatment Can Help

- Therapy
- Support groups
- Medications
- Stress management, as listed above

Resources

<https://www.cdc.gov/howrightnow/emotion/stress/index.html>

<https://www.cdc.gov/mentalhealth/cope-with-stress/index.html>

<https://www.cdc.gov/howrightnow/emotion/worry/index.html>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders>

<https://www.nimh.nih.gov/health/statistics/generalized-anxiety-disorder>

This information is not intended to diagnose or treat any medical or mental health conditions and is not intended to replace medical care. Please consult with your doctor if you have any health concerns.