



## Stress and Your Health

Many people lead very busy lives trying to balance various combinations of work, children, managing a household, pets, finances, sometimes caring for elderly parents and it can be stressful to juggle all of these things. One can be particularly affected if going through one of life's most stressful events such as a death in the family, divorce or separation, a move, loss of a job, or major illness.

Why do we care if people experience too much stress in their lives? Because stress can affect



### Your Body:

Headaches, muscle tension, chest pain, fatigue, changes in sex drive, stomach upset, sleep problems



### Your Mood:

Anxiety, restlessness, lack of motivation or focus, irritability, anger, sadness, depression



### Your Behavior:

Overeating or undereating, angry outbursts, drug or alcohol misuse, tobacco use, social withdrawal, exercising less often



Unfortunately, if gone unchecked, these issues can contribute to the development of chronic health conditions like obesity, diabetes, anxiety disorders, major depression, high blood pressure, or heart disease.



Managing stress looks different for different people, but some common ways to maintain balance include: Exercise, meditation, spending time with family or friends, participating in a hobby, reading

Most importantly, make your method of stress relief a healthy one. Don't turn to food, alcohol, nicotine, or inactivity thinking these things will help. If you have taken action against stress, but things are not improving, seek help from your physician or a counselor.

If you are experiencing stress and you think it may be affecting your health, please make an appointment at the HISD Employee Health and Wellness Center at (281)869-3630.



Thanks for doing business with us.

Best in health,  
Dr. Rakers