

April's Topic: Stress Management



HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

Stress Awareness Month

Stress is a state of mental and emotional strain or tension resulting from demanding circumstances. These circumstances include: dealing with family, work, or social environments. Stress is a brain response to demands. Change is often what triggers stress whether change is positive or negative. The key to stress management is identifying the cause of stress and knowing how to respond.

When stress is triggered, a flow of stress hormones and chemicals are released resulting in an elevation in blood pressure, heart rate, and blood sugar levels. You may experience headache, stomach ache, trouble sleeping, anxiety, anger and/or depression.

Not only does stress affect brain function, it also plays a role in general health. Chronic stress causes a constant release of hormones that suppress digestion and the immune system. Therefore, the body becomes vulnerable and more likely to develop illness. Long-term stress is unhealthy for the body and can lead to depression, diabetes, headaches, stomach problems, anxiety disorders, and possibly increase risk of heart disease.

The effects of stress build up over time and can be difficult to reduce or prevent. Taking practical steps to maintain your health and the development of coping mechanisms is a healthy approach to stress management.

Types of stress

1. **Routine stress:** related to pressures of work, family, and other daily responsibilities.
2. **Sudden acute stress:** brought on from a sudden negative change such as losing a job, divorce or illness.
3. **Traumatic stress:** major event such as an accident, war, assault, or natural disaster.

Routine stress is common and may be the hardest to notice at first; because the source of stress tends to be constant compared to sudden or traumatic stress.

TECHNIQUES:**Four ways to manage stress:**

1. Positive self-talk
2. Emergency stress stoppers
3. Finding pleasure
4. Daily relaxation

Emergency stress stoppers:

- Count to 10 before you speak
- Take 3-5 deep breaths
- Walk away
- Set watch 5-10 minutes ahead to avoid stress from being late
- Say "I'm sorry", if you make a mistake

If you think that you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

Fight Stress with Healthy Habits

- **Recognize** signs of your body's response to stress
- Find a good **support system**- friends, family, community organizations
- **Set priorities**- use time management and mark tasks off as you go
- Avoid dwelling problems- **seek help** from someone who can guide you
- **Exercise regularly**- 30 minutes/day of brisk walking will boost mood
- Get enough **sleep**, try not to **worry**, and remember to **laugh**.
- Schedule time for **yourself**- participate in health and relaxing activities
- **Explore** stress coping programs- tai chi, yoga, and meditation
- Get proper **health care** for existing or new health problems
- **Seek help** from health care provider if you feel overwhelmed, feel you cannot cope, have suicidal thoughts, or are using drugs/alcohol.

Attack Stress HEAD-ON**Learn how to combat stress by adopting techniques listed below:**

- Recognize when you don't have control of a situation, and let it go.
- Don't get anxious about situations you cannot change.
- Take control and responsibility of your own reactions; focus on what makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and professional growth.

Make personal time for fun and relaxation such as:

- Read a book
- Go for a run/walk
- Get involved in sports
- Spend time with a friend/loved one
- Take up a hobby

Think positive

Self-talk is one way to manage stress. Positive self-talk helps control stress; while negative self-talk increases stress. Talking with your-self allows you to think out-loud and reason through various situations.

Try using positive self-talk next time you feel stressed and encourage others to be positive as well.

POSITIVE

- “I’ll do the best I can.”
- “I can handle things if I take one step at a time.”
- “I know how to deal with this; I’ve done it before.”
- “Things could be worse.”
- “I can deal with this situation when I feel better.”

NEGATIVE

- “I can’t do this.”
- “Everything is going wrong today.”
- “I hate it when this happens.”
- “I’m not good at anything.”
- “I will never accomplish this.”

References

- U.S. Department of Health and Human Services. Stress: Take time to unwind. Federal Occupational Health. c1946. [Accessed 19 Mar 2014]. Available from: <http://www.foh.dhhs.gov/calendar/april.html>
- MayoClinic: Stress Management. Updated 23 Jul 2013 [Accessed 19 Mar 2014] Available from: <http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-management/art-20044289>
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- Stress Awareness: Health Education Program. AmeriHealth c2014. Available from: http://www.amerihealth.com/pdfs/custom/worksites_wellness/turnkey_programs/stress_awareness/stress_fact_sheet.pdf
- Four Ways to Deal with Stress. American Heart Association c2014. Updated 7 Feb 2014 [Accessed 21 Mar 2014] Available from: http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaystoDealWithStress/Four-Ways-to-Deal-with-Stress_UCM_307996_Article.jsp



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**CALL FOR AN
APPOINTMENT
TODAY!**

(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees covered under the State Employee's Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. HealthWatch Screenings are provided at the State Wellness Center. Screenings must be completed by October 31 each year. **Don't delay and get caught in the October rush at the end of the deadline period!** Schedule your screening appointment online or call the Wellness Center today for your free health screening.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management