



Managing Stress

Stress is a physical, emotional, or psychological reaction that people experience as they encounter challenges in their lives. While occasional stress is normal, long-term (or chronic) stress may contribute to many health problems, including heart disease, high blood pressure, obesity, and diabetes.

Signs you may be stressed:

- Feeling more irritable or angry
- Sleep troubles
- Forgetfulness
- Headaches
- Muscle tension
- Fatigue
- Feelings of anxiety and/or depression
- Diarrhea or constipation

Sleep-Stress Cycle

- When you're stressed, it can be difficult to shut your brain down for bed. This can make it more difficult to fall asleep or stay asleep. The relationship between stress and sleep leads to less hours of sleep each night.
- Having high levels of stress or chronic stress can make it more difficult to fall asleep leading to less sleep.
- The optimal amount of sleep for adults is 7-9 hours per night. Most Americans report less than 7 hours of sleep.

Tips for Managing Your Stress-Sleep Cycle

- Exercise is proven to improve mood and reduce feelings of anxiety.
- Create and set boundaries; learn when to say "no" to people or tasks. It's important you recognize how work and relationships are contributing to your mental health and stress level.
- Meditate to help yourself relax.
- Keep electronics away from your bed.

Sources:
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