

Stress.

HOW IT IMPACTS OUR HEALTH
& WHAT STRATEGIES TO
EFFECTIVELY MANAGE IT.



Health impacts

Poorly managing stress can:

- Increase your blood pressure
- Lower your immune response
- Be the source of gastrointestinal distress
- Increase your experience of pain
- Disrupt your sleep
- Increase depression
- Adversely affect your relationships

Unhealthy coping strategies

Overeating, consuming alcohol, utilizing drugs, isolating, checking out mentally with social media or gaming, and even over-working can be unhealthy methods of dealing with stressors in our lives.



Better coping strategies

We can shift our perception and focus from negativity to positivity by:

- Exercise
- Meditation
- Prayer
- Journaling
- Participation in support groups (virtual and in-person)
- Human connection
- Laughter
- Practicing gratitude



Other resources

- www.betterhelp.com
- www.talkspace.com
- The meditation app "HeadSpace"
- Celebrate Recovery

(817) 483-1746
TherapyExcellenceinc.com

