



Stress - Some Signs & Symptoms:

- Sleeping problems
- Headaches
- Digestive problems
- Back and neck pain
- Low self-esteem
- Inability to concentrate
- Anxiety
- Irritability / mood swings
- Depression
- Negative change in school / work
- At-risk behaviors (alcohol, drugs, tobacco, sexual activity)

Facts

- The American Institute of Stress reports that an estimated 1 million workers are absent on an average workday due to stress.
- The American Academy of Family Physicians reports that two-thirds of office visits to family doctors are for stress-related symptoms.

Design compliments of DePaul's NCADD-RA

Relief

Meditate

Read

Focus on the Positive

Nap

Hobbies

Exercise

Organize

Friends

Breathe Deeply

Get Away

Schedule Less

Yoga


Music

Volunteer

Resources

Relief - How to Cope:

- Do something you like
- Talk to someone
- Eat healthy
- Get enough sleep
- Schedule time to relax
- Have a positive attitude
- Avoid alcohol, tobacco, drugs
- Exercise
- Spend time with family/friends
- Set realistic goals



- American Institute of Stress (www.stress.org)
- American Academy of Pediatrics (www.aap.org/stress)
- American Academy of Family Physicians (www.aafp.org)
- School Counselors, Psychologists, Social Workers
- Family Practitioner

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