

“Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.”

Philippians 4:6/The Message

Health Tip #2 – STRESS MANAGEMENT

Some of the benefits of stress management are:

- sleeping better
- a strengthened immune system
- less neck and back pain
- better cardiovascular health
- increased productivity
- less depression
- being in a better mood
- getting along better with others
- living a more enjoyable life.



“The symptoms of stress can show up mentally, physically, emotionally or behaviorally, and within each category they cover a wide range of symptoms. There is no one list of symptoms that describes stress because the symptoms themselves are highly subjective and as varied as we are.” Signsofstress.com

Some Signs of Stress	
<p><u>Physical Signs</u></p> <ul style="list-style-type: none"> - Increased heart rate - Muscle aches, stiffness or pain - High blood pressure - Frequent colds or flu - Weight gain or loss - Headaches - Constipation - Sweating - Nausea - Fatigue - Trembling 	<p><u>Behavioural Signs</u></p> <ul style="list-style-type: none"> - Increased smoking, drinking, drug use - Aggression (ie. Yelling, swearing) - Changes in eating habits - Changes in sleeping habits - Nervousness (Fidgeting, pacing, etc).
<p><u>Mental Signs</u></p> <ul style="list-style-type: none"> - Difficulty concentrating - Decreased memory - Confusion - Difficulty making decisions - Bad dreams - Decreased libido - Inattentiveness 	<p><u>Emotional Signs</u></p> <ul style="list-style-type: none"> - Anxiety - Anger - Irritability; short temper - Impatience - Worry - Fear - Frustration

STUDIES SHOW THAT:

- there is an associations between chronic life stress and weight gain
- elevated stress levels are associated with greater desire for high fat/high sugar foods
- stress increases appetite in some people
- stress-related increases in appetite are related to cortisol (a hormone released by your adrenal glands in response to stress)
- stress disrupts our appetite regulation

There are times when we need the love, support and input from others. I suggest that if you need a fresh perspective on a reoccurring stressful situation, please consider sharing with a trusted person, counselor or your pastors, so that they can pray for you, with you, and speak into your life.

Consider making this ‘healthy change for a healthier you’!

To Your Health,

Karen Mastrogiovanni, the Health Pastor

www.healthwithkaren.com