

# Stress Related Conditions and Stress Management

The following is a list of stress-related symptoms. These are very real, despite what others may say. The good news is that you can learn to manage these symptoms and, by doing so, improve your health.

## Stress-Related Symptoms and Diseases

(What follows is only a partial list)

Fatigue	Indigestion	Infections
Irritability	Diarrhea	Eczema
Headaches	Constipation	Psoriasis
Muscle tension/pain	Peptic ulcer	Allergies
Neck and back pains	Irritable bowel	Asthma
Atherosclerosis	Loss of appetite	Nutritional deficiencies
Sensitivity to pain	Hormonal imbalances	Poor memory
Pelvic floor dysfunction	TMJ	Poor concentration
Sleep disturbance	Shortness of breath	Palpitations
Fearful thoughts	Overeating	Learning problems
High blood pressure	Anorexia nervosa	Premenstrual symptoms
Diabetes	Weight changes	Sexual problems
Arthritis	Insomnia	Psychological problems
Cancer	Depression	Chronic pain and more

## Considerations for a Stress Management Program

In the future, stress may come to be seen as the primary contributing cause of most disease. Research continues to link stress to more and more symptoms and diseases, both acute and chronic. The key is to be able to manage our level of stress. Stress is our reaction to our external environment as well as our inner thoughts and feelings. Stress in essence is our body's natural response to dangers, the "fight or flight" mechanisms—the body's preparedness to do battle or flee from danger. Stress (or should I say "distress") in today's world is mainly a result of continuous high demands that are imposed on us by work, family, and lifestyle, or that we impose upon ourselves through our desire to accomplish. Some people consistently overreact to their day-to-day life. However, most of us might be overwhelmed only when we have an increased intensity or number of stresses, such as excessive demands all at once leading to a continuous feeling of not having enough time or energy to do what we feel we must do. Others respond (dis)stressfully to intense emotional experiences, personal changes, perceived trauma, lack of sleep and self-nourishment or self-fulfillment, a hereditary or learned tendency to negative thinking, what appears to be overwhelming obligations, chronic illness, an inability to rejuvenate, relax and recharge, and self-nurture.

## Common Stress Factors

- **Attitude toward self**
- **Personal financial state**

- **Moving**
- **Traffic tickets**
- **Tests in school**
- **Meeting someone new**
- **Raising children**
- **Hereditary and learned responses to any of the items on this list**
- **Demands at the office**
- **Job and career challenges**
- **Promotion, job loss**
- **Emotional challenges**—personal relationships, fear, anger, loneliness
- **Family changes**—marriage, divorce, separation, a new baby
- **Physical challenges**—weather changes, extreme climates, athletic events
- **Health challenges**—illness, injury, surgery, chemical exposures
- **Life changes**—adolescence, aging, pregnancy, menopause.
- **Others**

**Please realize, though, that stress is not the situations or incidents themselves; rather, real stress comes from the way we react to them.**

**HOW CAN I HELP:** For people with elevated stress levels, I suggest a variety of stress-reducing activities to minimize the dangers of this underlying cause of disease. **I am prepared and trained to offer all that follows.**

### **Various Strategies To Manage Stress Successfully.**

- **Psychotherapy:** Counseling that focuses on practical solutions, the here and now, positive thinking, behavioral change, and coaching to acquire health and happy habits.
- **Express your feelings.** Emotions need regular venting, and unexpressed emotions are the building blocks of stress, pain, and illness.
- **Eat well and supplement necessary nutrients.** Many nutrients are depleted by stress and our response to it. Many foods further deplete these nutrients rather than fortify us. Good nutrition means replacing lost nutrients and replenishing all vital substances that enrich our capacity to withstand daily challenges
- **Get good sleep.** Poor sleep or sleep habits do not let your body really rest, discharge tensions, and recharge. Learning how to sleep and acquiring healthy sleep habits can help significantly.
- **Learn relaxation exercises.** These can help a great deal in reducing stress through letting go of mental stresses, reducing muscle tension, increasing blood flow and oxygenation of tissues, “turning off” the production of alarming and crisis-oriented messenger molecules, and empowering you to gain control over your stress on your own.
- **Learn how to release negative thinking**
- **Learn how to use guided imagery and visualization** for success, for relief of symptoms and pain, for athletic, academic, and personal peak performance, to manage anxiety and fear, to increase self-esteem, to overcome self-imposed obstacles to success and healing.
- **Biofeedback.** This is a treatment strategy, using a computer and simple exercises that I teach you, including all those listed above, to help you tune into your own body’s

signals and learn to create health, wellness, relaxation, success, management of negative physiological response, and calm instead of distress, fear, anxiety, and depression. Along with stress management training and relaxation exercises, biofeedback instruction is provided by me at my office.