



IS STRESS STRESSING YOU OUT?

IS STRESS AFFECTING YOUR HEALTH?

IS STRESS AFFECTING YOUR QUALITY OF LIFE?

Pay attention and listen to your body, it's telling you something. Everybody responds to stress differently, but if you pay attention you will notice the early warning signs. The signs may be subtle and you may even be too stressed out to notice them, or they may be glaringly obvious. Either way, when you are feeling overwhelmed and things aren't going your way, or you feel unable to control yourself from emotional outbursts, these may be your early warning signs. Do you use food, candy and alcohol to de-stress? Are you annoyed, cranky, suffering headaches, have a stiff neck, muscle tension, and/or clenching your teeth? By noticing your responses and reactions during stressful times, you can monitor yourself, make healthier choices and reduce the effects upon your mental, emotional and physical health, potentially avoiding long-term and chronic illness.

Stress is a natural response produced by the release of adrenaline in the body. In ancient days this process was very useful. When a man was being chased by a tiger or a bear, the extra shot of adrenaline was necessary to help him speed up his body functions enabling him to run faster or jump higher allowing him to escape and ultimately save his life. Today and in short bursts, this adrenaline release may be beneficial to help conquer a fear, produce extra endurance or motivation. However, bad stress is caused by worrying about money, relationships, jobs or health, perhaps your boss drops a last minute project on you, you receive bad news, or you get a call saying your child is sick at school. This kind of stress can produce chronic and long-term health issues, and according to the American Health Institute if left unchecked, can even lead to death.

Early Warning Signs

- Headaches, muscle tension, neck or back pain
- Upset stomach
- Dry mouth
- Chest pains, rapid heartbeat
- Difficulty falling or staying asleep
- Fatigue
- Loss of appetite or overeating "comfort foods"
- Increased frequency of colds
- Lack of concentration or focus
- Memory problems or forgetfulness
- Jitters
- Irritability
- Short temper
- Anxiety

[Click here to see Stress Relief Products](#)

[Click here to see Immune Support Products](#)



Test and Calculate Your Stress Levels:

- **Stress Calculator** (*University of Maryland*)
- **Stress-Meter** (*Dept of Health & Human Services*)

Facts About Stress

- Americans spend \$11.3 billion per year to cope with stress.
- Over 90% of disease is caused or complicated by stress.
- Stress has been linked to all leading causes of death, including heart disease, cancer, accidents and suicide.
- Long-term stress is strongly associated with depression, heart disease, gastrointestinal disorders and weakened immune systems.
- Over 43% of adults suffer adverse health effects due to stress.
- Stress can lead to diminished sexual desire, an inability to achieve orgasm in women, and impotence in men.
- Maternal stress during pregnancy has been linked to a 50% higher risk for miscarriage.
- Percentage of adults being treated for depression: 54%
- Job stress is estimated to cost U.S. industry \$300 *billion* annually.
- Over 19 million Americans ages 18-54 have anxiety disorders.
- 1,135,000 divorces occur in the United States annually.
- Number of psychotropic drug mentions in office practice per year: 100 million.
- Up to 60% of employee absences are due to psychological problems such as stress and depression.
- The number of Americans treated for depression rose from 1.7 million in 1987 to 6.3 million in 1997, and the proportion of those receiving antidepressants doubled.
- *Estimated percentage of American adults attempting to control stress: 95%*

(Source: American Institute of Stress)