



STRESS MANAGEMENT

WHAT IS STRESS?

Stress is a human response to any situation, and can result in physical or emotional change, or a combination of both. We feel stress because our body speeds up to get the necessary energy and strength to prepare us for an action.

Stress is positive in small doses, as it can give us motivation to accomplish what we want to do, bring excitement into our lives (e.g., when we go on a trip), can make us more productive, and allows us to react to dangerous situations. People of all ages can experience stress.

However, too much stress can be harmful.

WHEN IS STRESS NEGATIVE?

Stress could be a problem when it is sustained for a long time and causes physical or emotional discomfort. Not only can it affect our health, but it can also prevent us from doing the following:

- Making the right decisions to solve problems.
- Solving family or work conflicts or talking and negotiating effectively.
- Enjoying company and activities we like.
- Having a better quality of life and well-being.

MAIN CAUSES OF STRESS:

- Economic problems
- Family, work, and/or social pressure
- Too many activities and/or too little time to accomplish them
- Frustration due to unachieved goals
- Worries about situations that may happen in the future
- Illness or accidents
- Low self-esteem



SOME CONSEQUENCES OF STRESS ARE:

- Anxiety
- Tiredness, exhaustion, or loss of energy.
- Depression
- Headaches/migraine
- Drinking alcohol, tranquilizers or drugs
- Insomnia
- Heart attacks
- Hair loss
- Weight gain or loss
- Constipation or diarrhea

HOW CAN I OVERCOME STRESS AND PREVENT IT FROM AFFECTING MY HEALTH?

Stress can be managed! In addition to seeking professional help if you think you need it, here are some alternatives:

Learn more about stress: By knowing what stress is, its symptoms and what causes them, you will be more prepared to take actions that help you manage stressors and avoid affecting your health.

Recognize the things you can't change: There will always be issues that are out of our hands. By accepting this, we can let go of what we cannot control and not alter our health negatively.

Do some physical activity: Being physically active every day is an effective way to deal with stress, as it facilitates the production of endorphins. Endorphins are a natural antidepressant and will make you feel relaxed. Find an activity you enjoy, such as walking, swimming, dancing or cycling. Do this for 30 minutes a day, at least three times a week.

Get enough sleep: Lack of rest makes stress worse. Try to get 7 to 8 hours of sleep each night. Take naps and take short breaks of 5 to 10 minutes throughout the day.

Eat a healthy diet: Avoid high-sugar snacks and eat a variety of foods that include vegetables, fruits, lean proteins, and low-fat or fat-free dairy.

FOR MORE INFORMATION, talk to your provider or contact us at the **Beneficiary Services** Center at:

1-844-336-3331 | **787-999-4411**
(TOLL FREE) | TTY (HEARING IMPAIRED)
MONDAY TO FRIDAY, FROM 7:00 A.M. TO 7:00 P.M.



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