

DO ANY OF THE SIGNS OF STRESS SOUND FAMILIAR? IF SO, TAKE THESE STEPS TO CONTROL STRESS BEFORE IT CONTROLS YOU!

PLAN AHEAD

Allow more time when planning daily activities. Being too busy can lead to stress.

DON'T SWEAT THE SMALL STUFF

Shrug off minor problems like bad traffic or rude people. They are not worth it!

TAKE CARE OF YOURSELF

Get plenty of rest. Eat well. Exercise. You'll feel better and handle stress better too.

LEARN TO RELAX

Breathe slowly in and out. Stretch. Take a warm bath. Meditate. Do activities that help you let go of stress.

ASK FOR HELP

Share your problems with friends and family. Don't try to do everything on your own. Feeling out of control? Talk with your doctor or counselor.



RECOGNIZING STRESS

Stress. Everybody has it. The key is how you deal with it! How do you know when problems or pressures are too much? Take a look at the list inside. Learn how to recognize stress before it builds up. Then learn how to handle it, before it handles you!

TAKE CARE OF YOURSELF

RECOGNIZING STRESS

**YOU KNOW
YOU'RE
STRESSED IF...**



WHAT YOU CAN DO ABOUT IT

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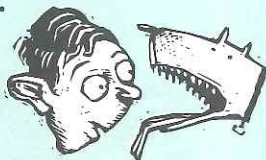
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YOU KNOW YOU'RE STRESSED IF...

Are you stressed out? Worried about work, money, friends or family? Sometimes stress can build up before you know it. Take a look at these signs of stress. Find out how to recognize stress before it takes over.

YOU KNOW YOU'RE STRESSED IF...

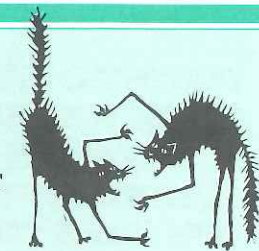
1. You eat standing up.
2. Your dog doesn't recognize you.
3. You're always late.
4. **YOU FORGET WHAT DAY IT IS.**
5. You have trouble finishing a sentence.
6. Your friends greet you, "Hey, stranger!"
7. **YOU'RE DRINKING MORE THAN USUAL.**
8. You're fighting more than usual.
9. **YOU CAN'T REMEMBER WHAT "USUAL" IS.**
10. You do three things at once.
11. You don't finish any of them.



12. You lose your keys. And your glasses.
13. You only talk to people on E-mail.
14. You're always tired.
15. **YOU CAN'T SLEEP.**
16. You keep getting sick.
17. You keep dropping things.
18. You bite your nails.
19. You tap your feet.
20. You twirl your hair.
21. All at the same time.
22. **YOU FEEL LIKE YOU'RE DROWNING.**
23. You don't have time to feed your fish.
24. Your blood pressure is too high.
25. Your morale is too low.
26. You jump when the phone rings.
27. You eat. And eat. And eat.
28. **YOU HAVE A HEADACHE. AGAIN.**
29. Your palms are sweaty.
30. Your heart is racing.
31. You feel nervous or jumpy.
32. **NOTHING SEEMS FUN ANYMORE.**



33. You snap at your friends.
34. Your socks don't match.
35. You yell at your partner.
36. **YOU HATE GETTING UP IN THE MORNING.**
37. You drive too fast.
38. You talk too fast.
39. **YOU CRY AT THE DROP OF A HAT.**
40. You can't breathe.
41. You can't concentrate.
42. You keep bumping into things.
43. You can't see over the laundry.
44. You're never alone.
45. You're always alone.
46. You live on coffee. Or cigarettes. Or diet soda.
47. You haven't opened the mail in days.
48. **IT'S ALWAYS SOMEONE ELSE'S FAULT.**
49. People keep asking, "Are you OK?"
50. **YOU WONDER IF YOU'RE OK.**



Am I OK?