



## NURSE PRACTITIONERS OFFER USEFUL TIPS FOR MANAGING STRESS

### THE WARNING SIGNS OF STRESS

Economic downturn, terrorist attacks, holiday pressures...Knowing the various **warning signs** can help you identify the sources, or stressors in your life, and can help you cope with the physical and emotional side-effects. Following are some possible warning signs of stress:

- Anger, where even the little things set you off
- Frequent mood swings
- Recurring or intense sadness
- Inability to concentrate
- Frequent or persistent headaches
- Bad posture
- Chronic fatigue
- Sleeplessness
- Withdrawing from relationships with family and friends
- Over-reacting to situations
- Tension and back aches



WARNING SIGNS

**Nurse Practitioners:  For America's Health**

### HOW TO COPE WITH STRESS

Following are some ideas for how you can cope with stress and anxiety in your life. Try them all, see what works best. Some tips may work better than others and apply better to different situations. With proper diagnosis and management, stress need not control your life.

- Exercise regularly
- Eat well
- Limit alcohol and caffeine intake
- Quit smoking
- Take time out to relax and rest properly - get enough sleep!
- Take up an artistic or otherwise relaxing hobby
- Seek out the company of people who make you laugh and feel at ease
- Accept those events that are not in your control
- Set realistic goals
- Don't rely on alcohol and drugs to reduce tension

WAYS TO COPE

**If you feel overwhelmed, if stress has taken control of your life, seek professional help immediately. Stress can lead to severe depression and/or other physical ailments and can be very harmful to your health if not given the proper attention!**

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**Nurse Practitioners: Rx for America's Health**

For help in locating a nurse practitioner in your community, visit [www.nurse.net](http://www.nurse.net), and click on "Join the National NP Directory" - you will find a list of nurse practitioners who can help you with your specific health needs.

For pricing and how to order more of these tip cards, please contact : Citigate Communications, 312/944-7398.