

1

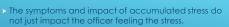
- The long term impact of stress is well documented.
- The effects of accumulated stress are NOT just emotional. They are physical, emotional and mental



- ▶ The physical symptoms of accumulated stress are not restricted to heart health. They also include:
- ▶ Respiratory issues
- ▶ Skin issues

- INTRO COMMENTS

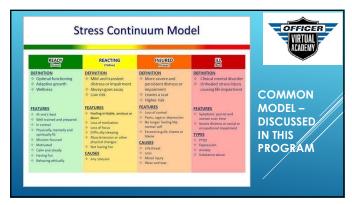
2





- Accumulated stress can impact efficiency of interpersonal communication
 - ▶ Inability to discuss "what's wrong" can increase how the stress negatively impacts relationships
- ▶ Accumulated stress can cause sexual performance

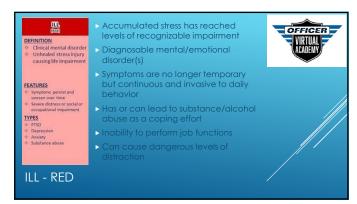
INTRO COMMENTS











Proper balance of work / home life.

Sufficient time off with proper focus on recreational activities that avoid work focus

Maintaining minimal / recreational / social use of alcohol

Regular exercise regimen to maintain cardio and respiratory fitness

Eating reasonably healthy diet (80/20 rule)

Spending time with "support team" – family, friends.

Minimize / avoid drama. Don't shoulder burden of others' stress

STRESS MANAGEMENT TECHNIQUES

Seek counseli	ng / guided	stress reduction	on discussions
with licensed	professional	/ member of	the clergy



- ▶ Take additional time off as necessary
- Don't be ashamed of or avoid the reality of accumulated stress
- Recognize and address stress-induced negative behaviors (alcohol or substance abuse, selfdestructive behaviors)
- Avoid dependence on OTC medications, i.e. ibuprofen, motrin, aspirin, etc.

STRESS MANAGEMENT TECHNIQUES

