

STRESS

“We must have a pie. Stress cannot exist in the presence of a pie.” — David Mamet

Excessive stress is like an invisible killer that will gradually damage your health. According to the research, there are plentiful emotional and physical disorders that have been linked to stress including depression, anxiety, heart attacks, stroke, hypertension, and immune system disturbances. Chronic stress can affect both your psychological and physical wellbeing by causing a variety of problems.

Stress response is a healthy reaction our bodies activate to protect ourselves. When you experience a threat, your brain will release a surge of hormones, including adrenaline and cortisol. Cortisol is the primary stress hormone that increases recovery of your tissues. It also alters immune system responses and suppresses the digestive system, the reproductive system and growth processes. The whole stress response process will further control your mood, motivation and fear.



Red Flags You Should Be Aware of

- Diarrhea or constipation
- Frequent aches and pains
- Headaches
- Lack of energy or concentration
- Sexual problems
- Fatigue
- Increased irritability
- Trouble sleeping or sleeping too much
- Weight loss or gain

ACWP offers bilingual and bicultural **FREE** one on one counseling to talk about your struggles and obstacles. Feel **FREE** to reach us ☺



Ways to Cope with Stress

- Try tapping exercise to release your muscle tension and mental stress (FREE app: *Self Help for Trauma*)
- Get yourself active, such as hiking, biking, or even walking
- Turn off your phone and other social media for an hour a day and meditate for 15-20 minutes



Asian Community Wellness Program



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