

**STOP STRESSING**  
**BY: Melissa Jeremiah, RN**  
**Director of Hoosier Uplands Home Health and Hospice**

**Most women today know what it feels like to be stressed. Some common stressors are: being pulled between your career and your family, summer and all the activities that come with summer such as planning for your family vacation, getting your kids to all those practices and games, our hectic day to day lives, being pulled in too many directions due to not feeling like you can say no and the list could go on and on. There is no wonder women feel “STRESSED OUT!” Hopefully, after reading this article, women will begin to find ways to regain control of their lives and decrease the level of bad stress in their lives!**

**There are times when stress can be a good thing. Stress is what serves to motivate us and realize the urgency of some issues. But, when you let stress begin to control every aspect of your life this is when we need to look at decreasing stress. Common physical symptoms of stress include: upset stomach, decreased or increased appetite, chronic headache, loss of sleep, rashes and rapid heartbeat. The common feelings associated with stress are: panic, anxiousness, irritability and tiredness. Also, let me say that if you feel you are under stress, you are. Someone may say to you, “Oh, you don’t have any big problems. You shouldn’t feel you’re under stress.” Stress however is subjective.**

**Let’s look at some things we can do to decrease our stress level:**

- #1. Examine the cause of the stress you have in your life. Is it something that you can work to control? You can keep a journal of when you feel the most stressed and then review it after a week or so to see when you are the most stressed. Keep in mind there are some things you have no control over.**
- #2. Time management and setting realistic goals and priorities. You cannot be all things to all people, sometimes you have to say no. Realizing this is a huge step in the right direction. It helps to have a daily planner and be able to know what things have to be done vs. the things that can wait.**
- #3. Regular exercise helps to keep you in shape and releases some of that built up stress.**
- #4. Get plenty of rest. Sometimes we forget how important sleep is to our bodies. When you are sleep deprived even minor issues seem major.**
- #5. Eat a well balanced meal, cut down on your caffeine intake as caffeine is a stimulant and limit your intake of alcohol.**
- #6. Talk to a friend/family member about how you are feeling. Sometimes it is good just to talk to someone else about how you are feeling.**
- #7. Be more positive and spend time with people who are positive. If you don’t think it will get better, then it probably never will.**
- #8. Take time out for yourself. If you don’t take care of yourself nobody else will, is an adage that is all too true. Schedule time everyday to do something for you.**
- #9. Talk to a health care professional if you feel your stress is beyond your control!**