

# WOMEN AND STRESS

## 01. WHAT IS STRESS?

Stress is your **body's way of responding** to the **challenges** we face. Stress is **experienced by everyone** and can be positive and motivating, or negative and unhealthy.

### WHY ARE WOMEN PARTICULARLY SUSCEPTIBLE TO STRESS?

Studies have found that **women differ from men** not only in their emotional responses to stress, but also in how their physics and mental health is impacted. **When reacting to stressors, the body releases hormones.** In women, these **hormone changes impact** bodily processes in distinctive ways, which can **lead to health problems** such as reduced sex drive, irregular periods, acne breakouts, depression, insomnia, weight gain, decreased fertility.



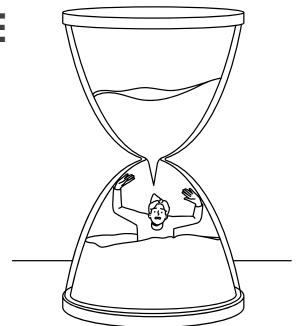
## 02. SHORT TERM VS CHRONIC STRESS

- **ACUTE STRESS** is the most common form of stress. It originates from **demands and pressures** of the recent past and of the near future.
  - Symptoms: Emotional distress, muscular problems, stomach, gut, and bowel problems, rapid heartbeat, and increased blood pressure.
- **CHRONIC STRESS** is the response to pressure experienced for long periods of time in which an individual feels he/she has little or no control.
  - This stress is linked to some of the **top leading causes of death**, including heart disease, cancer, respiratory issues, and stroke.



## 03. WHAT ARE THE STRESSORS?

Stressors are **environmental conditions and events** that may cause stress in an individual. They may even affect mental function and performance.



There are **two** categories or stressors:

- **Physical stressors** which put strain on our body
- **Psychological stressors** which are anything we interpret as negative or threatening.

## 04. WHAT ARE THE SIGNS?

- |                                   |                               |
|-----------------------------------|-------------------------------|
| • Frequent mood swings            | • Depression                  |
| • Negative thinking               | • Feeling tense               |
| • Distractibility                 | • Poor memory                 |
| • Feeling overwhelmed or helpless | • Poor concentration          |
| • Frequent headaches              | • Anger/hostility             |
|                                   | • Difficulty making decisions |



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05.

## ADDRESS YOUR STRESS

**THE REALIZATION THAT YOU'RE IN CONTROL OF YOUR LIFE IS THE FOUNDATION OF STRESS MANAGEMENT.**

- Taking an hour a day to be alone with your thoughts allows you to figure out what is stressing you.
- Differentiating between controllable and unmanageable problems, will result in an effective resolution.
- Come up with as many possible responses to the present situation as you can. The point is to get your thoughts flowing freely.
- A popular method for addressing stress is writing about it. Get it out of your head and onto paper (or computer) so that you can see things clearly and brainstorm ways to resolve what is stressing you.



06.

## MANAGE YOUR STRESS

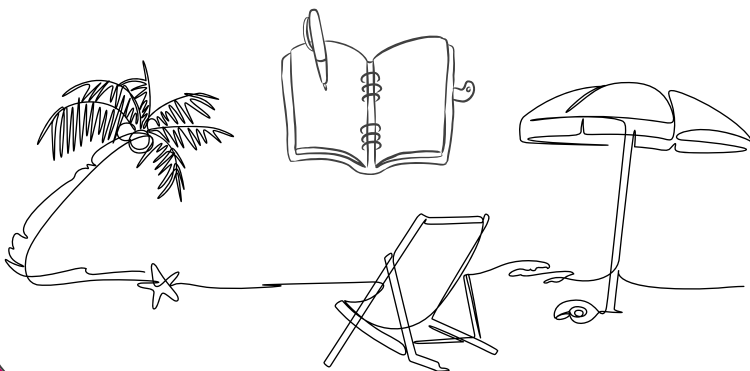
Stress Management is about doing things that alleviate stress for you.

Note that **what works for one, may not work for another.**

You should tailor your stress management to your needs and what relieves your stress in a healthy way!

Here are some suggestions:

- |                                   |                      |
|-----------------------------------|----------------------|
| • Get Proper Amount of Rest & Eat | • Journaling/Writing |
| • Healthy Get Physical Activity   | • Meditate           |
|                                   | • Laugh              |
|                                   | • Take Baths         |



07.

## HEALTHY LIVING RESOURCES

**SERVICES TO HELP RESOLVE  
YOUR STRESS:**

- Stress Management Consultations
- Nutrition Consultations
- Chair or Table Massage
- Reiki Acupuncture Acutonics
- Auricular Acupuncture Aromatherapy

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