

# 7 ways to help manage your Stress

*By Asim A. Shah MD, Chair Fort Bend County Mental Health Task Force*

## Is Stress Normal?

- ✚ Stress is a body's method of reacting to a challenge
- ✚ Small amounts of stress may be desired, beneficial, and even healthy
- ✚ Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment
- ✚ Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and mental illnesses such as depression
- ✚ Over 70% people will suffer from stress in their lifetime

## Stress can cause:

- Fatigue (51%)
- Anger or short temper (50%)
- Sleep disturbances (48%)
- Anxiety (45%)
- Headache (44%)
- Depression (35%)
- Stomachache (34%)
- Muscle Tension (30%)
- Appetite changes(23%)
- Difficulty concentrating
- Medical issues like High blood pressure, Obesity, Heart Disease,
- Abuse of drugs and alcohol, excessive smoking

## 7 E's to Help Manage Stress

- **Exercise:** get regular exercise (walking, yoga, team sports)
- **Express:** talk, laugh, cry, and express anger when appropriate
- **Enjoy:** discover hobbies, events, and activities, volunteer
- **Explore:** let out your feelings (journaling, creating art projects, visiting museums)
- **Engage:** spend quality time with friends and family on a regular basis
- **Energize:** sleep is essential for a healthy mind and body (get at least 6 hours per night)
- **Eat:** maintain a healthy diet and avoid substances of abuse

## Resources:

- For questions regarding your **mental health** needs please call: **281-238-3079** or visit [www.fortbendcountytexas.gov/bh](http://www.fortbendcountytexas.gov/bh)
- Visit [www.mhahouston.org](http://www.mhahouston.org) for all mental health resources in our area
- COVID Mental health support line from Harris Center 833-986-1919
- National Suicide Prevention Hotline: **1-800-273- TALK (8255)**

