



Beat
Desk
STRESS

What Exactly is STRESS?

According to mental health counselor, Elizabeth Fenton, stress is “feelings of loss of control of things external to us.” This feeling is a real or perceived threat to our physiological or psychological well-being.

Stress often carries a negative connotation but in reality stress helps you prepare to meet many of life’s challenges. Stress is our internal response to any situation we find challenging, positive or negative.

We cannot eliminate stress from our life but we do have the power to change the effects of stress by managing our response to the challenges that we face.

Know the SIGNS & SYMPTOMS of Excessive STRESS

Cognitive Symptoms:

- Disturbed peace of mind, concentration problems, absent-minded
- Short-term memory problems, poor judgment
- Negativity, anxious thoughts, consistent worry

Physical Symptoms:

- Feeling fatigued
- Muscle tension or pain, often in your neck, mid or low back
- Frequent occurrence of cold symptoms or cold sores
- Headaches, GI problems, chest pain

Emotional Symptoms:

- Trouble concentrating on your work tasks or making decisions
- Feeling overwhelmed and having difficulty coping
- Depression, moodiness, irritability, short fuse or agitation
- Isolation, loneliness

Behavioral Symptoms:

- Too much or not enough sleep; difficulty falling asleep or staying asleep
- Increase in alcohol, cigarette or other drug use
- Eating more or not enough, loss of appetite, crave sugar
- Displaying disinterest and showing a significant drop in work productivity
- Procrastination or being neglectful of responsibilities



Ignoring the SIGNS & SYMPTOMS of STRESS Will Eventually Effect Your Health

Stressful situations stimulate our “fight-or-flight” response and normally this response is helpful to us. It helps us stay focused, alert, and energized, and will help us rise to any challenge. But if your body experiences prolonged exposure to stress, otherwise known as long-term or chronic stress, it can do damage to your health, your productivity, your relationships, and your overall quality of life.

Chronic stress can disrupt nearly every system of your body as it increases your blood pressure and suppresses your immune system, putting you at a greater risk for health issues such as cardiovascular disease, heart attack, stroke, chronic pain and depression.

stress
relief?

Identify Your Work Stressors

With our fast-paced lives being filled with technology, multitasking and high demands, it is not a surprise that work-related stress is a growing problem around the world. If you're feeling stressed out at work, our Back 2 Normal team wants you to know, you can be in control.

While there are many things that can cause stress, not everyone reacts or responds in the same way. Stress can be highly personalized, and it is important to identify your personal stressors. Some of the common factors that cause work-related stress include:

- Heavy workload
- Lack of autonomy
- Job insecurity
- Unrealistic deadlines and expectations
- Aggressive management style
- Long hours
- Unhealthy work-life balance
- Inadequate training or resources

Quick Tips to Beat Stress Without Leaving Your Desk

• Stop and take 10 deep calming breaths or meditate

Slowing down your breath will in turn slow your heart rate, decrease blood pressure, decrease muscle tension, and create more ease of body and mind.

• Unclutter your space

Clutter can actually trigger stress so find an organized system to simplify your workload and workspace. Correcting work desk ergonomics can help relieve muscle tension and pain.

• Add a diffuser to your workstation

Diffusing or applying pure essential oils from dōTERRA can be helpful in easing stress, anxiety and fear.

Try Balance, dōTERRA's grounding blend to create a sense of calm and well-being, or Elevation or Wild Orange to lift your mood.

• MELT the tension away

Stress can literally get stuck in your connective tissue, causing tension in your muscles, nerves, and joints – which can lead to pain, injury and other problems.

The MELT Method rehydrates your connective tissue to help balance your nervous system and relieve tension. It only takes a few minutes and can be done at your desk. Check out a MELT class at Back 2 Normal and de-stress today!



• Eat a healthy snack

It's important to provide nourishment to your body and your brain to keep your energy sustained.

Try a *Vega bar* or *Vega Savi Seeds* – they are nutrient-rich snacks high in protein, fiber, and omega 3 fatty acids which are critical for the brain and reducing inflammation throughout the body.



• Take a Back 2 Normal Stress Survey to help identify your risk factors and learn easy solutions to start reducing your stress today

Understanding your personal stressors, choosing to take control and adopting a positive outlook on stress will help you rise to the challenges that life brings you.

To learn more about how Back 2 Normal and how many of our services can help you manage your stress, visit www.back2normalpt.com

Special Thanks to Elizabeth Fenton, Licensed Mental Health Counselor, for assisting with the content of this month's health topic. To learn more about her services visit www.elizabethfenton.com/index.htm or call (727) 823-4411