

Stress can affect your thoughts, feelings, behaviors and health. Stress that is not managed can lead to emotional burnout and physical health problems. The first step to managing stress is being able to recognize its symptoms.

Effects of Stress

On your body

Headache

Back pain

Chest pain

Heart disease

Heart palpitations

Decreased immunity

Stomach upset

Sleep problems

On your thoughts and feelings

Anxiety

Restlessness

Worrying

Irritability

Depression

Sadness

Anger

Lack of focus

On your behavior

Overeating

Undereating

Angry outbursts

Drug/alcohol use

Increased smoking

Social withdrawal

Crying spells

Relationship conflicts

If you are experiencing symptoms of stress, it is time to make a plan to manage your stress appropriately. Some stress management techniques include exercise, relaxation, deep breathing, eating well, taking breaks, taking time for hobbies, and talking it out with others.

To speak with a counselor about your stress, call National EAP at **1-800-624-2593**. Your **confidential** Employee Assistance Program is provided at **no cost** to you and your family through Local 25.