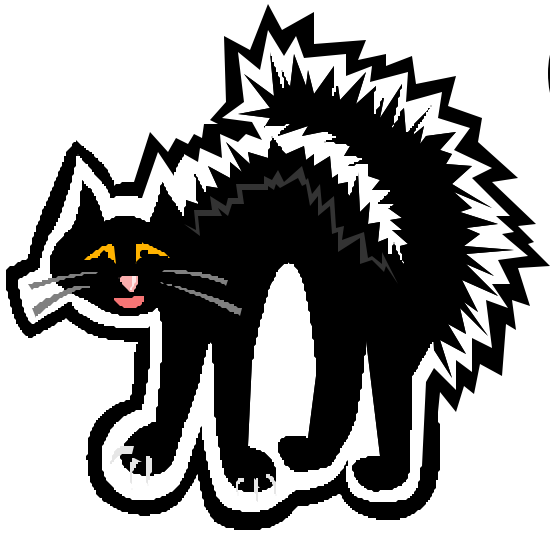


*Body*

*&*

*Soul*



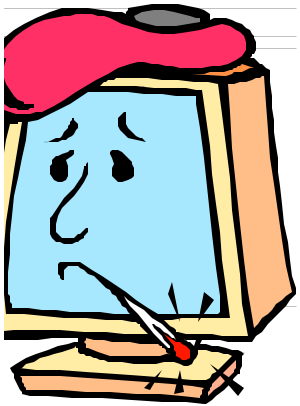
Cats don't get  
ulcers;

Your body's natural  
response to stress is  
making you sick

Stress triggers your natural fight or flight response.



F or F begins radical changes in your body to help you deal with the danger.



Prolonged stress continues these changes longer than nature intended, and that can make you sick.

Stress can cause negative thinking, make concentration difficult, make you feel anxious



or afraid, and keep you awake at night.



One study showed that students anxious about upcoming exams had a significantly decreased antibody or immune response (the ability to fight disease.)



There is convincing evidence that stress can contribute to a broad variety of health problems, from the common cold to cancer.

Between 60-90 percent of the complaints brought to a doctor's office are due to stress." Dr. Herbert Benson Harvard Medical School

# To Reduce Stress

- Get organized!
- Live in the present/take each day as it comes
- Help others
- Laugh
- Let other people do their own thing
- Sleep! If you can't get enough at night grab a quick nap
  - Carbo-Load. Carbohydrates increase feel-good chemicals in the brain.
  - Take a warm bath
  - Relax, stretch or exercise your muscles
  - Analyze the stressor. Where does it rank in the big picture?



H. Feelgood M.D.