

Stress



Stress is how the brain and body respond to any demand. Any type of challenge, such as performance at work or school, a significant life change, or a traumatic event, can be stressful. Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Signs & Symptoms/Types of Stress

Not all stress is bad. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.
- Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

Risk Factors

Chronic stress can cause the following symptoms:

- digestive symptoms
- headaches
- sleeplessness
- sadness
- anger
- irritability

Over time, this chronic stress can contribute to **serious health problems- such as heart disease, high blood pressure, diabetes, and mental health disorders such as depression or anxiety.**

Protective Factors

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you to cope with stress:

- Recognize the signs of your body's response to stress
- Talk to your healthcare provider and seek treatment if necessary
- Get regular exercise
- Try a relaxing activity such as meditation or breathing exercises
- Set goals and priorities- don't be afraid to say "no" sometimes
- Stay connected- to family , friends, and community



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Where to Find Help

If you're overwhelmed by stress, ask for help from a health professional. You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress.

Your doctor may be able to provide a recommendation.

Local Resources

Western CT Mental Health Network - Danbury Area

(203) 448-3200

portal.ct.gov/DMHAS/WCMHN/Agency-Files/WCMHN-Danbury

Connecticut Counseling Centers, Inc.

(203) 743-7574

ctcounseling.org

Community Health Center

(203) 797-8330

chc1.com/locations/danbury/

Danbury Hospital - Community Center for Behavioral Health

Phone (203) 791-5187

danburyhospital.org/departments/behavioral-and-mental-health-at-danbury-hospital

United Way of CT - Call 2-1-1

Connecticut Suicide Advisory Board - preventsuicide.org

NAMI Connecticut - namict.org

National Resources

National Suicide Prevention Lifeline at 1-800-273-TALK

Crisis Text Line - Text CT to 741-741

SAMHSA's National Helpline - 1-800-662-4357

