

MedBen

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Stress: A \$300 Billion Dollar Price Tag

MedBen WellLiving has always promoted developing a professional physician-patient relationship through annual wellness visits and recommended screenings. In addition, you should also seek visits with your physician when you have questions or concerns about a topic relating to your health, including stress.

Stress, in some form, is a normal part of life. WebMD states that forty-three percent of all adults suffer adverse health effects of stress, costing more than \$300 billion annually. Good stress is what keeps us alert and efficient, but bad stress (distress) can cause the body harm.

Recognizing the symptoms of stress to alleviate them is important. Headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping are some of the related symptoms. Although the body's reaction to stress is trying to help protect it, if left untreated and become recurring, the symptoms can lead to a much greater issue, such as excessive absenteeism from work or chronic conditions like heart disease.

Stress is different for everyone – the triggers, symptoms and effects, and coping methods vary from person to person. But no matter the cause of your stress, seek guidance. As always, be honest with your physician – they are there to help you and your health.



Tips and Pointers to Help Manage Stress

Under Pressure? Take Steps to Lighten the Load.

- Stress and diet have been linked together – eating fish with high levels of omega-3 fatty acids are shown to reduce symptoms.
- Get 7 - 8 hours of sleep. Stress can reduce your sleep time, so it's important to try to maintain good sleeping habits.
- Exercise, even briefly just to get the blood flow moving, releases endorphins and improves your mood.
- Talk it out – whether it's with a friend, loved one, or even yourself.
- Laugh: It tricks your nervous system into thinking you're happy.
- Above all, keep your family physician informed on your stress levels and symptoms.

SOURCES: Health Line, WebMD