

Coping with Stress

Stress is an emotional and physical reaction to change. Everyone has stress. Stress can be positive and give you energy or it can be unhealthy and cause health problems. Stress for short periods may not affect you but stress over time can cause or make some illnesses worse, such as heart disease, stroke, high blood pressure, diabetes, irritable bowel syndrome, asthma or arthritis.

Causes

Causes of stress vary from person to person. Some common causes of stress can be a death of a family member, illness, taking care of your family, relationship changes, work, job change, moving and money. Even small things such as long waits or delays or traffic can cause stress.

Signs

Some common signs of unhealthy stress:

- Feeling nervous, sad or angry
- Fast pounding heartbeat
- Hard time breathing
- Sweating
- Pain or tense muscles in the neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or having trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss

Lidiar con el estrés

El estrés es una reacción emocional y física al cambio. Todas las personas tienen estrés. Puede ser positivo y darle energía o puede ser poco saludable y causar problemas de salud. El estrés por períodos cortos puede no afectarlo, pero cuando dura más, puede causar enfermedades o hacer que éstas empeoren, como las enfermedades cardíacas, el derrame cerebral, la presión arterial alta, la diabetes, el síndrome de colon irritable, el asma y la artritis.

Causas

Las causas del estrés varían de persona a persona. Algunas de las causas comunes del estrés pueden ser la muerte de un familiar, una enfermedad, cuidar de su familia, cambios en las relaciones, el trabajo, un cambio de trabajo, mudarse y el dinero. Incluso cosas pequeñas como las largas esperas o los retrasos o el tráfico pueden causar estrés.

Signos

Algunos signos comunes del estrés no saludable:

- Sentirse nervioso, triste o enojado;
- Latidos cardíacos acelerados;
- Dificultad para respirar;
- Sudoración;
- Dolor muscular o músculos tensos en el cuello, los hombros, la espalda, la mandíbula o el rostro;
- Dolor de cabeza;
- Sentirse cansado o tener problemas para dormir;
- Estreñimiento o diarrea;
- Molestias estomacales, falta de apetito o pérdida de peso.

Tips for Coping with Stress

Watch for signs of stress. When they occur, try to avoid the cause or change how you react. Other helpful tips:

- Do something that relaxes you such as: deep and slow breathing, stretching exercises, yoga, a massage, meditation, listening to music, reading, a hot bath or shower.
- Get a hobby or do something you enjoy.
- Learn to accept things that you cannot change.
- Think positive.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. Exercise will help relax tense muscles, improve your mood and help you sleep better.
- Talk to your family and friends about your problems.
- Do not deal with stress in unhealthy ways such as eating too much, not eating enough, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. A counselor can help you cope with stress and deal with problems. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

Talk to your doctor or nurse if you have signs of stress.

2007 – 11/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Consejos para lidiar con el estrés

Esté atento a los signos del estrés. Cuando se produzcan, intente evitar la causa o cambie la manera en que reacciona. Otros consejos útiles:

- Haga algo que lo relaje como: respirar profunda y lentamente, hacer ejercicios de estiramiento, yoga, masajes, meditación, escuchar música, leer, darse baños de tina caliente o una ducha.
- Busque un pasatiempo o haga algo que disfrute.
- Aprenda a aceptar las cosas que no puede cambiar.
- Piense en forma positiva.
- Establezca límites. Aprenda a decir que no. Resuelva una cosa a la vez.
- Duerma 8 horas cada noche.
- Coma una dieta saludable que incluya frutas, verduras, proteínas y cereales integrales. Limite la cafeína y el azúcar.
- Haga ejercicios regularmente. El ejercicio le ayudará a relajar los músculos tensos, mejorará su estado de ánimo y le ayudará a dormir mejor.
- Converse con su familia y amigos sobre sus problemas.
- No lidie con el estrés en forma poco saludable como comer demasiado, no comer lo suficiente, consumir productos del tabaco, beber alcohol o consumir drogas.
- Obtenga ayuda de un profesional si la necesita. Un consejero puede ayudarlo a lidiar con el estrés y a enfrentar los problemas. Su médico le puede recetar medicamentos que le ayuden con los sentimientos de tristeza, nerviosismo o problemas para dormir.

Infórmele a su médico o enfermera si tiene señales de estrés.

2007 – 11/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Coping with Stress. Spanish.