



Living Stress Free

What is stress?

Stress can be defined as a state of worry or mental tension caused by a difficult situation. When we are exposed to stress, our bodies will release hormones that may have negative physical and mental impacts.

Symptoms of Stress

- Anxiety
- Sadness
- Trouble eating or eating too much
- Trouble sleeping or not getting enough sleep
- Weight loss or weight gain

What will happen if I am continuously affected by stress?

- Depression
- Fatigue
- Lack of motivation
- Loss of memory
- Loss of concentration
- Inability to fight off or recover from an illness
- Increased risk of chronic diseases such as heart disease or cancer
- Irritability or moodiness
- Consuming too much alcohol
- Suicidal ideation

How can I overcome stress?

- Try to resolve a situation before it becomes stressful
- Exercise regularly
- Read
- Attend social events
- Take “mental health” days from work
- Eat healthy, avoid caffeine and alcohol, get plenty of sleep
- Talk about how you are feeling (don’t keep your emotions bottled up)
- Try deep breathing, meditation, yoga, listen to music, read, or take a walk
- Keep things in perspective and accept that there are some things you cannot control
- Solve the problems you can and let go of the rest
- Don’t forget the value of humor!



FIREFIGHTERWIFE.COM
because your  belongs to a hero

This flyer is provided on behalf of First Responder Wellness as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events. Learn more about fire family resources at firefighterwife.com or email firefamilysupport@frhealth.com.