

# CHRONIC STRESS & Its Impact On You

## How Chronic Stress Takes a Toll on Your Mind and Body

### ACUTE STRESS

vs.

### CHRONIC STRESS

Short-term stress from a specific event or situation, like:

- Job interview
- First date
- Medical emergency
- Final exam

You may get that “fight or flight” feeling, but it passes quickly.

Long-term feelings of stress, worry, and pressure from:

- Financial issues
- Relationship problems
- Ongoing work issues
- Poor diet and sleep

It can lead to physical and emotional problems for months or even years.

## Stats on Chronic Stress



75%

of adults report symptoms of stress, including headache, tiredness, and depression



83%

of U.S. workers experience work-related stress



75%

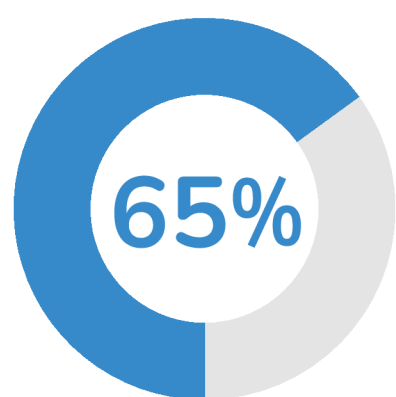
of all doctor visits are due to stress



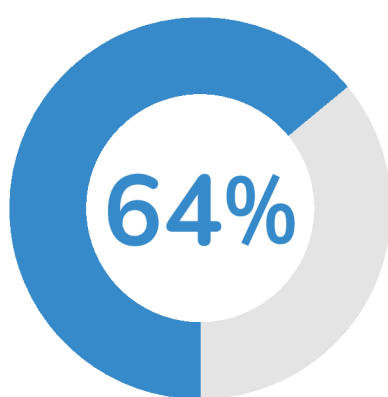
49%

of adults say stress has a negative impact on their lives

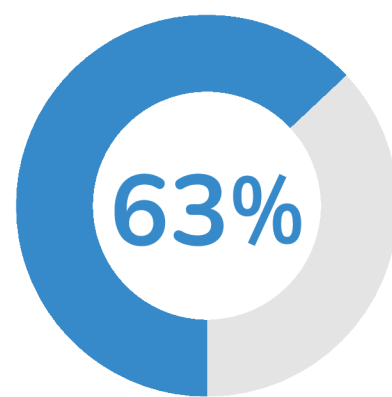
## Top Causes of Stress



Health

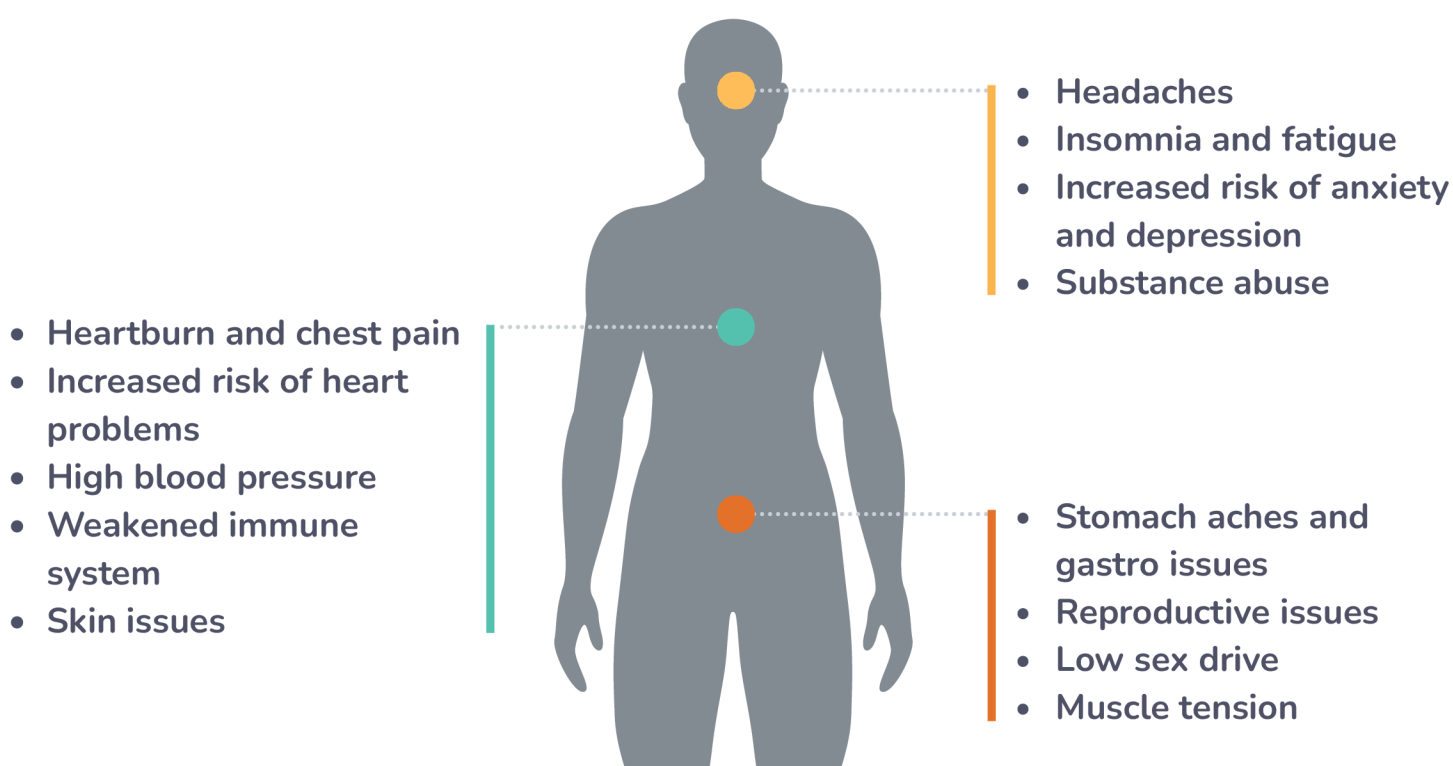


Economy



Money

## How Chronic Stress Affects Your Body



## Tips to Manage Chronic Stress



Get more exercise



Limit alcohol and substances



Focus on sleep and eating healthy



Try breathing and meditation



Talk to friends and family



Consider therapy and professional support



“Many people don’t realize the strong link between physical health and emotional issues. Therapy can have a positive impact throughout your entire body.”

- Dr. Beau A. Nelson, DBH, LCSW, CTP

## Could you be dealing with chronic stress?

Take our [Chronic Stress Assessment](#) and learn more about our online therapy and medication management services to take that first step towards feeling better.