



Feeling Stressed? The first step is to recognize it.

Stress is a normal physical response when the body feels threatened. This is called the fight or flight response. It is our body’s ability to protect us from real or perceived dangers. Unfortunately the pace of today’s life situations elevates our stress response for prolonged amounts of time. Stress can help energize and motivate but left elevated and untreated it can cause emotional and medical problems.

Know the signs:

Stress Warning Signs and Symptoms	
Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> ▪ Memory problems ▪ Inability to concentrate ▪ Poor judgment ▪ Seeing only the negative ▪ Anxious or racing thoughts ▪ Constant worrying 	<ul style="list-style-type: none"> ▪ Moodiness ▪ Irritability or short temper ▪ Agitation, inability to relax ▪ Feeling overwhelmed ▪ Sense of loneliness and isolation ▪ Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"> ▪ Aches and pains ▪ Diarrhea or constipation ▪ Nausea, dizziness ▪ Chest pain, rapid heartbeat ▪ Loss of sex drive ▪ Frequent colds 	<ul style="list-style-type: none"> ▪ Eating more or less ▪ Sleeping too much or too little ▪ Isolating yourself from others ▪ Procrastinating or neglecting responsibilities ▪ Using alcohol, cigarettes, or drugs to relax ▪ Nervous habits (e.g. nail biting, pacing)

Do you suffer from any of these symptoms?

Are you interested in learning how to challenge yourself?

Learn how to turn negative stress into a positive life style?

Contact the TeamstersCare Employee Assistance Program 1-800-851-8326