

Got Stress?



Is stress your milk mustache?

Think of how easy it is to notice a milk mustache. Similar to the "stache" are the signs of stress. Our goal for you is to develop self-awareness, thereby recognizing stress before it can have a negative impact.

STRESS

Key #2



Can you recognize stress?

Self-awareness is defined as the ability to objectively evaluate and compare current behavior to internal standards and values. Developing this emotional intelligence will enable you to think and behave proactively instead of re-actively. When dealing with a stressful situation, think about how beneficial it would be to recognize and react to that stress before it turns into a major crisis. How do you show signs of stress: Has your mood changed? Are you stress eating? Have you been procrastinating on a big project at work? Recognizing how you respond to stress is a key step in developing self-awareness.

For more information visit:
www.eatright.org
www.hopkinsmedicine.org
www.stress.org
www.hbr.org
www.mayoclinic.com