

Mental Health Month

Acute vs. Chronic Stress

Understand your experience...

Do you know what type of stress causes you the most problems?

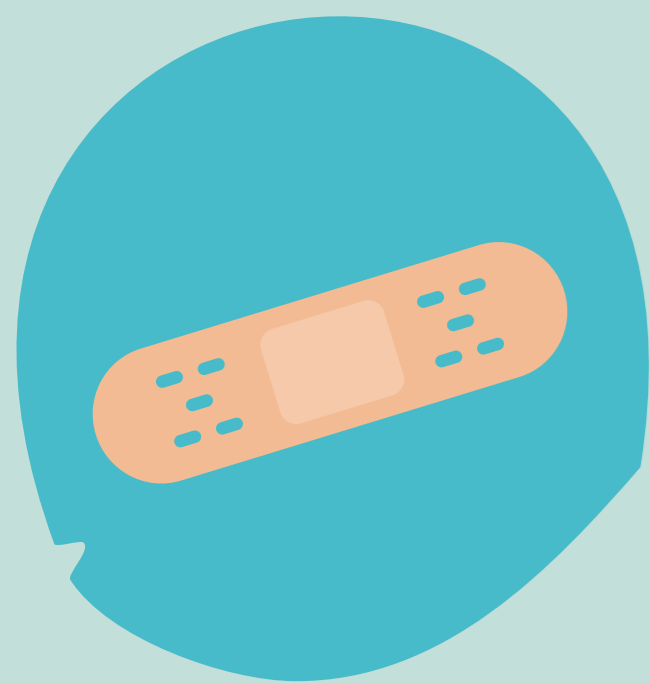
Stress



Chronic stress is the everyday, run of the mill, work, kids, school, bills, project stress that fuels life tension.



Acute stress represents an individual event or situation that triggers a physiological response (fight or flight) and sends us spiraling out of control.

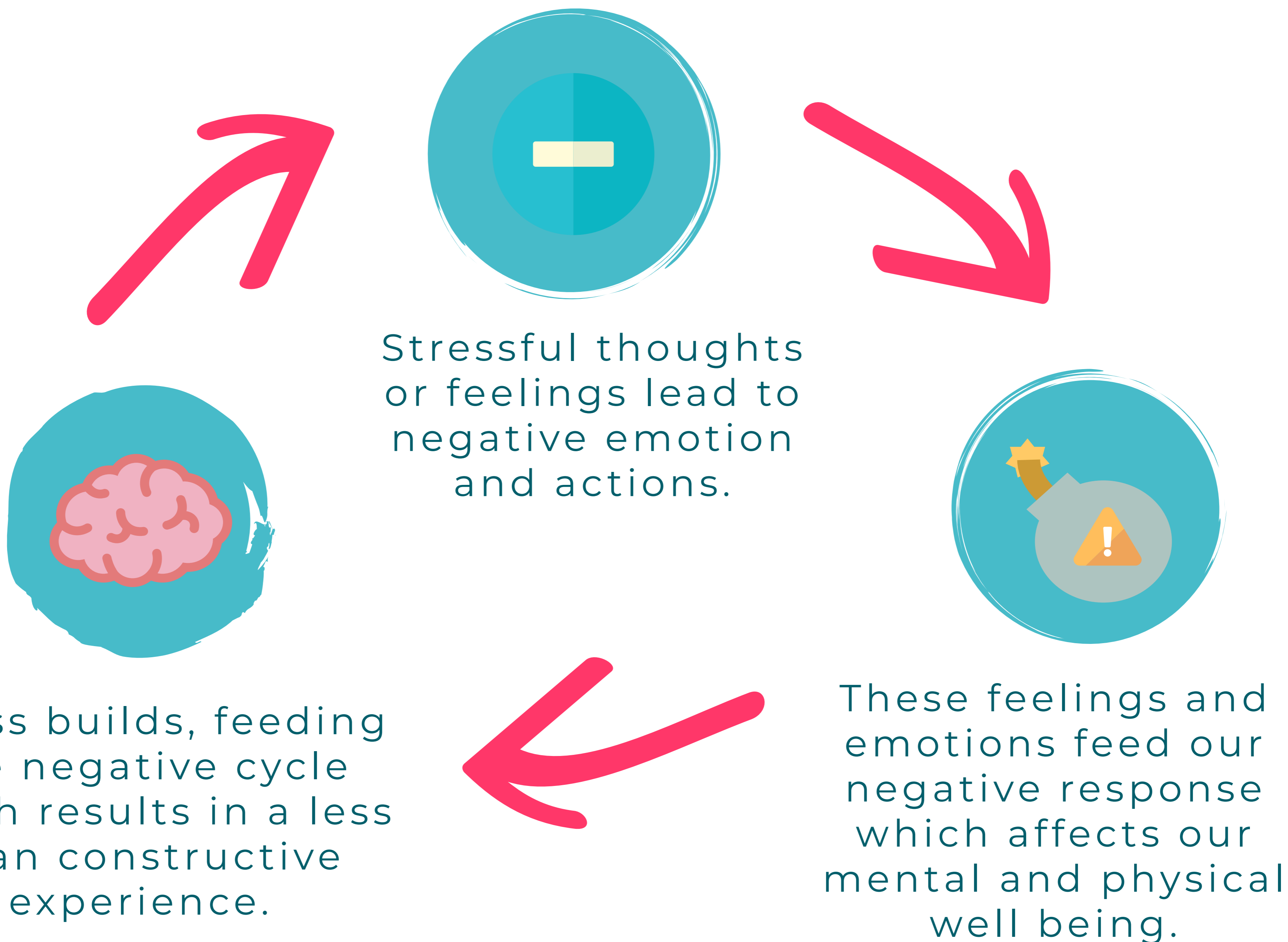


We have two main coping methods when stress is triggered: the negative and positive stress cycles. One is better than the other. Can you guess which?



The negative stress cycle diagram below illustrates how we are overwhelmed by stress.

Negative Stress Cycle



END the cycle of negative stress with this coping exercise: take 3-4 deep breaths, inhaling deeply through your nose and exhale out your mouth slowly. This simple practice can make all the difference!



Be on the lookout for the next "Tip of the Week" and the number one way to deal with stress. The **POSITIVE** stress cycle!

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