


September 2009 *LifeSolutions* Corner

I've heard that stress can have a pretty big negative effect on health. I'd like to know what I can do to stop this from happening to me. Can LifeSolutions help?

Yes we can!

It's important to know that not all stress is bad stress. There are times when stress can be a good thing; it can help us move toward our goals, like when we are motivated by a deadline or we get a promotion at work.

Stress becomes a problem when we are on overload or have to handle too much stress too often. It's this kind of chronic stress that can lead to some pretty serious health concerns like heart disease, high blood pressure, lowered immunity, digestive problems, headaches and muscle aches, and changes in sleep patterns.

LifeSolutions can work with you to identify what is causing you to feel stress and to help you choose techniques, like deep breathing and relaxation, which you can use to manage your stress more effectively. Simply call 1-800-647-3327. You can also visit us on the Web at www.lifesolutionsforyou.com to find more articles and information on the topic of stress and stress management.

Source: Workplace Benefits, Inc. (Reviewed 2008). Stress and your body. Raleigh, NC: Author.

