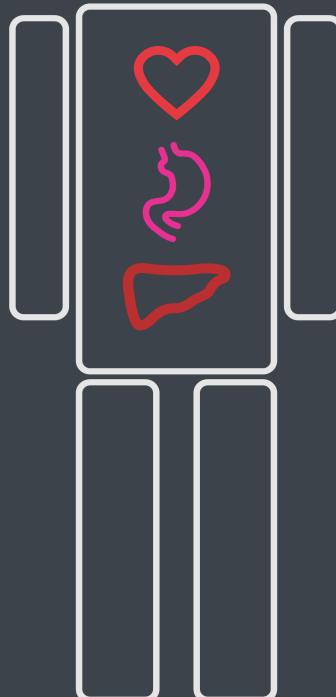


# Stress Hurts.

Long-term stress damages your body



You can protect yourself.

Visit StressHurts.org to find out more

## Stress Hurts.

Self-Help

Organ Damage

Mental Health

Self-Help

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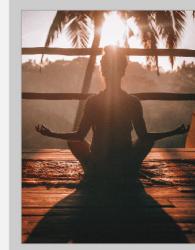
Mental Health

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### Breathing Exercises

Don't wait until fight-or-flight kicks in before minding the breath. Controlled breathing not only keeps your mind and body functioning at their best, it can also lower blood pressure, promote feelings of calm and relaxation, and help you de-stress.

While the effects of breathing techniques on anxiety haven't been studied at length (at least in a controlled clinical setting), many experts encourage using the breath as a means of increasing awareness, mindfulness, or—for the yogis among us—that elusive state of Zen. To get to the bottom of the breath work, Grotstok spoke to breath-



If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace.

Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment.

And you can practice meditation wherever you are—whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understand-

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### Depression and Anxiety

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The role of the mental health counselor is to help individuals respond more appropriately to stressful predicaments. They help individuals place problems into perspective, developing a cognitive framework that encourages rational and objective thoughts rather than cognitions based only on emotions.

In other words, the role of the counselor is empowerment. This does not mean giving people power—they already have power. It's having them realize that they already have within themselves the capacity to overcome life's obstacles.

To empower individuals, counselors use

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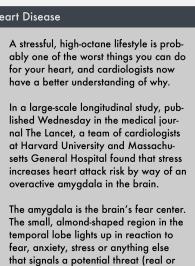
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### Stress and Heart Disease

A stressful, high-octane lifestyle is probably one of the worst things you can do for your heart, and cardiologists now have a better understanding of why.

In a large-scale longitudinal study, published Wednesday in the medical journal *The Lancet*, a team of cardiologists at Harvard University and Massachusetts General Hospital found that stress increases heart attack risk by way of an overactive amygdala in the brain.

The amygdala is the brain's fear center. The small, almond-shaped region in the temporal lobe lights up in reaction to fear, anxiety, stress or anything else that signals a potential threat (real or



Although anecdotal comments on detrimental effects of stress on liver health are plentiful, scientific evidence has been reported.

The present article reviewed such evidence to demonstrate how stress exacerbates liver disease. A search of the literature from the last two decades was performed using MEDLINE by using "psychological stress" or "stress" and "liver disease". Additional research was conducted by screening the bibliographies of articles retrieved in the MEDLINE search.

The search results showed that the principal effectors of the activated hypothalamic-pituitary-adrenal (HPA) axis, glucocorticoids, can exert a facilitative effect on the hepatic inflammatory response and even