

Mind+Body

Feeling stressed?

KAISER PERMANENTE NORTHWEST REGION • HEALTH ENGAGEMENT AND WELLNESS SERVICES



Stress is a part of everyday life

It is a physical and emotional response to situations that challenge you in some way.

Experiencing a small amount of stress can help motivate you. But too much stress for too long can be harmful.

Stress can result from both bad and good experiences, such as:

- Divorce or other family problems.
- New job – or retirement.
- Illness or death of loved ones.
- Marriage or new partnership.
- Health or medical concerns.
- Pregnancy, birth, or adoption.
- Work or financial problems.
- Long-term effects of childhood stress.

The good news is that you can learn to manage and prevent stress. Increasing your understanding and awareness is the first step.

Assess your stress

During the past year, have you experienced the following symptoms?

Physical symptoms

- ☐ Tension, pain, or aches
- ☐ Difficulty sleeping well
- ☐ Fatigue or weakness
- ☐ Constipation or diarrhea

Emotional symptoms

- ☐ Irritability or anger
- ☐ Mood swings
- ☐ Worry, anxiety, or fear
- ☐ Depression or apathy

Your Health Online:

shortcuts to better health

- kp.org/mindbody – look here for resources and tools to help manage stress.
- kp.org/relax – get free digital coaching from this HealthMedia® program. It assesses where you are and what you need, then provides tailored tips, tools, and email messages to help you manage stress.
- kp.org/classes – find programs, services, and products.
- kp.org/health – health encyclopedia.
- kp.org/healthdecisions – learn about health care decision options.
- kp.org/healthyliving – tools to help you live well.
- kp.org/audio – listen to or download free guided imagery podcasts.
- kp.org/myhealthmanager – email your doctor, view lab results, refill medications, and more.
- kp.org/depression – get basic facts about depression, treatment, and self-care steps.
- kp.org/video – view health videos online. Topics include exercise, family violence, and hypertension.
- kp.org/espanol – content in Spanish.
- twitter.com/HealthyLivingNW – find local activities and events to help you get out and have fun.



All plans offered and underwritten by
Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232.

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Mental symptoms

- ☐ Difficulty concentrating
- ☐ Memory problems
- ☐ Difficulty making decisions
- ☐ Confusion

Behavioral symptoms

- ☐ Crying or angry outbursts
- ☐ Alcohol or drug abuse
- ☐ Poor work performance
- ☐ Relationship conflicts

If you often experienced one or more of these symptoms, you may be experiencing chronic stress – or other problems that stress can make worse. Speak with your doctor to learn more about your symptoms and treatment options.

Management tips

These coping strategies can help you reduce your stress and improve your symptoms.

- **Learn how to relax.** Listen to music, breathe deeply, meditate, or stretch.
- **Get enough sleep.** Plan a regular sleep schedule and stick to it.
- **Eat a healthful, balanced diet.** Include plenty of vegetables, fruit, whole grains, and lean protein sources every day.
- **Reduce caffeine, alcohol, and tobacco use.** They increase stress!
- **Move around.** Aim for at least 30 minutes of physical activity every day.
- **Avoid situations that trigger stress.** Or change how you think about them.
- **Get support from loved ones.** Talk with others to lighten your load.
- **Learn more about the sources of stress and how to manage them.**
Take a stress management class, read a self-help book – or try one of the resources on this brochure.

Mental health

Get resources about stress, depression, anger, and anxiety from the Kaiser Permanente Mental Health Department, 503-249-3434.



Health Engagement and Wellness Services

Contact Health Engagement and Wellness Services for a variety of resources. You also can get details in a *Healthy Living* catalog, available online at kp.org/healthylivingcatalog/nw or at any medical or dental office.

- **Talk with a Health Coach** for support and motivation to reach your health goals. This service, free for members, is available Monday through Friday, 8 a.m. to 5 p.m. Call the number below and select option 2.
- **Order a Cultivating Health® kit** – *Weight Management, Managing Diabetes, Freedom from Tobacco, Improving Your Sleep, Managing Stress, and Everyday Fitness*. Call the number below and select option 1.

**503-286-6816 or
1-866-301-3866 (toll free)**