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April 2007: Stress Awareness Month

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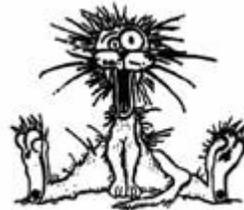
Government Documents at Dacus Library

April is Stress Awareness Month



Reports Due? Exams coming up? Worried about what to do after graduation or over the summer? Dealing with all of this and family/friend issues too? Too much stress can be harmful to your health.

How much do you know about the signs of stress or how to reduce it? Take a [quiz](#) from the American Psychological Association to find out.



Possible signs of stress

- Anxiety
- Back pain
- Constipation or diarrhea
- Depression
- Fatigue
- Headaches
- High blood pressure
- Insomnia

- Problems with relationships
- Shortness of breath
- Stiff neck
- Upset stomach
- Weight gain or loss



Tips for dealing with stress

- Don't worry about things you can't control, such as the weather.
- Prepare to the best of your ability for events you know may be stressful, such as an exam or a job interview.
- Try to look at change as a positive challenge, not as a threat.
- Work to resolve conflicts with other people.
- Talk with a trusted friend, family member or counselor.
- Set realistic goals at home and at work.
- Exercise on a regular basis.
- Eat well-balanced meals and get enough sleep.
- Meditate.
- Participate in something you don't find stressful, such as sports, social events or hobbies.

(From the American Academy of Family Physicians)

Other information:

- National Mental Health Information Center
Mental Health Topics
<http://mentalhealth.samhsa.gov/topics/explore/stress/>
Information and publications about stress and anxiety.
- The National Women's Health Information Center
<http://www.womenshealth.gov/faq/stress.htm>
Stress and Your Health

- National Institute for Occupational Safety and Health (NIOSH)
Stress at Work
<http://www.cdc.gov/niosh/topics/stress/>
Publications and reports from NIOSH.
- Emergency Mental Health and Traumatic Stress
<http://mentalhealth.samhsa.gov/cmhs/EmergencyServices/after.asp>
Tips for Talking About Disasters
- National Center for Post Traumatic Stress Disorder (PTSD)
<http://www.ncptsd.va.gov/ncmain/index.jsp>
PSTD resources from the Department of Veterans Affairs.



Visit our Stress Awareness exhibit in the Government Documents Department on the second floor of Dacus Library. Government Documents included in the exhibit can be checked out.

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