

Manage Your Stress

Reduce Your Risk

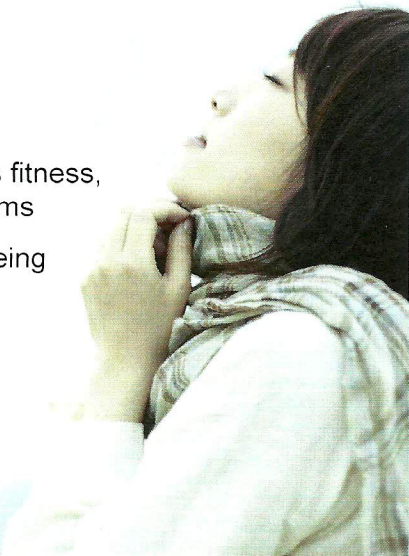
Stress management, combined with strong social support, can be just as important as diet and exercise to reduce your health risks and manage chronic diseases such as diabetes and heart disease. Stress and isolation can often be an underlying cause of acute and chronic conditions, such as increased blood glucose levels and insulin resistance, even in people who follow a healthy diet and exercise regularly.

What happens when you are stressed? Stress:

- Causes a release of energy, in the form of sugar, into the bloodstream
- Keeps the body from producing insulin
- Prevents adequate insulin from being available to let extra glucose into cells
- Causes increased circulating glucose
- Decreases the ability to make good choices for staying healthy
- Can cause irritability, tiredness and confusion

But, when you manage stress, the benefits include:

- Decreased circulating glucose
- Increased insulin secretion
- Improved insulin sensitivity
- Improved focus self-care such as fitness, nutrition and routine medical exams
- Improved overall sense of well-being
- Improved social interaction
- Decreased irritability
- Improved concentration



Has stress affected you? Check all that apply to you:

✓ Signs and Symptoms of Stress

- Poor concentration
- Irritability
- Restlessness
- Appetite change
- Fatigue
- Forgetfulness
- Aggression
- Increased tendency toward drugs, alcohol, etc.
- Gastric reflux

✓ Long-term Effects of Stress

- Anxiety
- Panic Disorder
- Decrease Immune System Response
- Hyperglycemia
- Hypertension
- High Blood Cholesterol
- Heart Disease
- Overweight and Obesity
- Stomach/Intestinal Ulcers
- Depression



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