

Central Florida Health

Are you feeling *stressed out*?



Stress Warning Signs

Cognitive

Memory problems
Difficulty concentrating
Poor judgement
Anxious thoughts
Constant worry

Physical

Aches & Pains
Diarrhea/Constipation
Chest pain/rapid heartbeat
Loss of sex drive
Frequent colds

Emotional

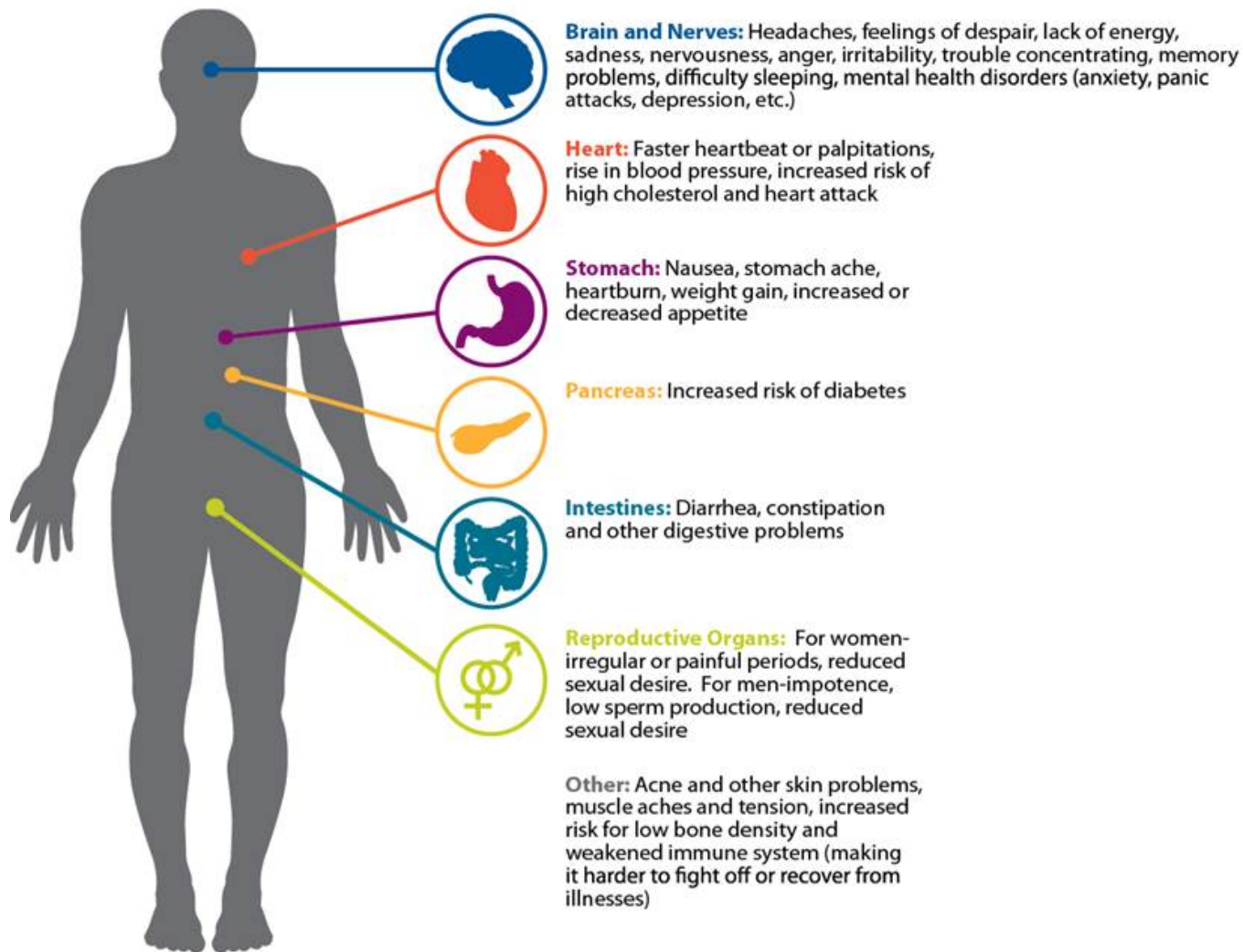
Agitation/unable to relax
Moodiness
Short tempered/irritable
Depression/unhappiness
Feeling overwhelmed

Behavioral

Eating more/less
Sleeping too much/too little
Neglecting responsibilities
Using Alcohol/Cigarettes/Drugs
Nervous habits like nail biting etc

Stress can manifest as **physical, mental and emotional** symptoms:

Effects of Stress on the Body



“Stress” is something we face on a daily basis, in all areas of life. While it is easy to be overwhelmed and forget about taking care of ourselves, it is important to remember to take a moment to **SMILE and BREATHE!**

Stressed?
Smile and Breathe!



Inhale...Exhale...
Smiling relaxes the body,
breathing calms the mind.

The pictures around the hospital are there to support and purposely remind you to:

- Pause for a moment
- Smile, roll your shoulders back, help your body relax
 - Breathe to calm the mind and nerves
 - Share an attitude of gratitude
- Don't forget to take care of yourself and family



5 Ways to Relax & Relieve Stress

1. Meditate.
10 minutes help a lot. 20 give you super powers. Sit. Be still.
2. Breathe intentionally.
Fill your lungs slowly and fully. Release as slowly. Repeat.
3. Laugh.
Use a joke, a meme, or a funny video. Laughter busts stress.
4. Hug someone.
Fast, effective, and feel-good; 20 seconds is all it takes.
5. Take a walk.
Think: pleasure over pace. Break stress, not a sweat.

Smile and Breathe.....



Thank You!

**PS. Sign up for the “Take a Deep Breath” class!
It will help to manage stress through the use of your breath!**



Juli ◇ Audrey ◇ Janice

Juli Romero-Gomez, RN, CCWS, ACC
Wellness Program Coordinator
Central Florida Health
jromero@centflhealth.org



“Healthy, Happy & Whole” 2017
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