



Mental Health Comprehensive Services

Providing Family Stability and Developing Life Coping Skills

Stress Management

Stress can arise for a variety of reasons. Stress can be brought about by a traumatic accident, death, or emergency situation. Stress can also be a side effect of a serious illness or disease. There is also stress associated with daily life, the workplace, and family responsibilities.

Stress can take on many different forms, and can contribute to symptoms of illness. Common symptoms include headache, sleep disorders, difficulty concentrating, short-temper, upset stomach, job dissatisfaction, low morale, depression, and anxiety.

There are many stress management programs that can teach you about the nature and sources of stress, the effects of stress on health, and personal skills to reduce the effects of stress. Examples of stress reducing skills include time management and physical exercise.

For more serious stress related disorders, research has demonstrated the effectiveness of cognitive-behavioral therapy, group therapy, and exposure therapy, in which the patient repeatedly relives the frightening experience under controlled conditions to help him or her work through the trauma. Studies have also shown that medications help ease associated symptoms of depression and anxiety and help promote sleep.

If you need help with stress management, call the trained counselors at Mental Health Comprehensive Services. We provide individual and group counseling that will help you evaluate your situation and develop an effective strategy to manage your stress and develop better coping skills.

For more information about this article on signs of stress go to <http://www.seekwellness.com/conditions/mental/stress.htm>.