



Stress is the body's emotional and physical reaction to situations that pose a threat or danger. It is a natural response that can be triggered by a variety of factors, such as problems at work, grief, or life changes.

SEEK HELP!

When necessary, a Specialized Professional can help restore a better quality of life.

EMOTIONS and STRESS

Cavaletti



HOW TO OVERCOME
STRESS AND ANXIETY

Emotions are present in all people and can be pleasant or unpleasant, such as:

Sadness **Anger**
Happiness **Anxiety**

They also influence health, illness, motivation and human behavior. **Stress** can be perceived through responses such as:

High Anxiety
Dissatisfaction **Fatigue**
STRESS
Irritability **Hostility**
Depressive Symptoms

The origin and form of stress depends on each person's personality traits, and can trigger diseases in the immune system such as flu, herpes, and others. High levels of anxiety can trigger symptoms of sadness that can manifest as depression. On the other hand, **good humor and happiness** help restore health.

Studies indicate that people with **high blood pressure, headaches, digestive ulcers, etc.** have higher levels of **anxiety** than other people of the same age and sex.

Some people are extremely anxious, that is, in any situation of expectation, they suffer significantly, presenting symptoms such as:

Shortness of breath, feeling of a "lump" in the chest, palpitations, nausea, dizziness, **headache, stomach pain**, nail biting, restlessness, lack of appetite, **lack of concentration**, dry mouth, muscle tension, **irritability** sweating, among others.

These symptoms are those of an anxiety attack and need to be identified and controlled so that they do not trigger more serious illnesses or even affect daily activities and social and family relationships.

STRESS SCENARIO



of these people suffer from some level of depression.

50 million
Americans have high blood pressure problems.

80%
of people's time is spent in built environments.

tips for anxiety



Physical Exercise

Releases endorphins, which improves mood and prevents diseases. Also exercise your breathing.



Organize your life

Make a list to prioritize activities. Organization gives you a sense of control, reducing anxiety.



Eat healthily

Eat healthy, balanced foods, avoiding long periods without eating.



Have some leisure time

Relaxation allows you to put your problems aside for a while.



Get a good night's sleep

It's a natural stress reducer. Too little sleep can cause irritability, sluggishness and symptoms of sadness.



Face difficulties

Encouragement leads to stronger self-esteem and the search for greater self-knowledge.



Have good relationships

Maintain good emotional, family and social ties. Quality relationships help maintain a healthy mood, improving the work environment.

Become more positive.
Smile at your life!