

Name: **Sample Man**

Male, 51.5 years

☒ 03/21/1993

☐ 03/21/1997

The Heart Place

## Stress and Well-Being

Wellness Variable	Your Rating	Poor	Fair	Good	Great
Social Support	50	<div><div></div></div>			
	50	<div><div></div></div>			
		<div><div></div></div>			
Coping	50	<div><div></div></div>			
	50	<div><div></div></div>			
		<div><div></div></div>			
Energy	50	<div><div></div></div>			
	50	<div><div></div></div>			
		<div><div></div></div>			
Exercise	11	<div><div></div></div>			
	11	<div><div></div></div>			
		<div><div></div></div>			

Stress is your body's reaction to the various events in your life. Though people handle stress differently, most people respond well to a small amount of stress. Everybody experiences stressful situations from time to time. Too much stress, however, can lead to serious emotional and physical health problems. Research shows that highly stressed people are more likely to suffer from high blood pressure, head aches, back aches, ulcers and heart disease. People with continuous, severe stress may eventually develop emotional problems so serious that they lose their ability to cope with everyday problems.

## Action Plan

Learn to recognize the situations you find stressful. When possible, avoid or change them. If there's nothing you can do to change the situation (e.g., people, places and things), think about ways to change your behavior to reduce stress.

When you feel tension building, take a few minutes to relax. Close your eyes, take several deep breaths, and let your muscles relax.

Explore your interests. Find a new hobby or activity. Join a social group. Learn and practice time management skills.

Exercise regularly. It's one of the best ways to release built up frustration and anxiety. Check with your physician before increasing your physical activity level.