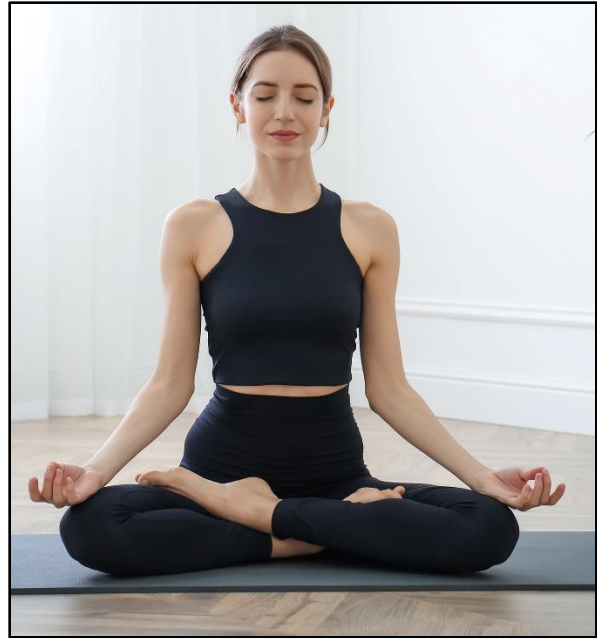


Tips to Manage Stress

While nearly everyone experiences stress from time to time, prolonged or unmanaged stress can take a serious toll on a person's health.

"Stress is the emotional or physical tension a person feels in response to a challenging or new situation," said Jamie Benner, Program Manager for Salem Regional Medical Center's (SRMC) Behavioral Medicine and Wellness Center. "Many different circumstances or life events can cause stress, such as work, relationships, financial troubles or personal loss."

"During periods of stress, the body releases certain hormones that can elevate blood pressure, heart rate and blood sugar levels. When stress continues long-term without relief, it may increase the risk for a wide range of health problems."



Learning healthy ways to cope and getting the proper support can help relieve symptoms of stress.

Ongoing stress can contribute to:

- Anxiety and depression
- Trouble sleeping
- Headaches
- Digestive issues and weight gain
- High blood pressure
- Memory and concentration issues
- Heart disease or stroke

"There are times when we don't have the power to change the situations causing us stress. But, learning healthy ways to cope and getting the proper support can help relieve symptoms," Benner said.

Tips for managing stress include:

- Engaging in physical activity

- Eating a healthy diet
- Practicing relaxation techniques like yoga or meditation
- Getting plenty of sleep
- Seeking support from family and friends

“If feelings of stress or depression persist for weeks and make it difficult for you to function, it is important to seek help from your doctor or a mental health care professional,” Benner advised.

About SRMC’s Behavioral Medicine and Wellness Center

SRMC’s Behavioral Medicine and Wellness Center (BMWC) offers intensive outpatient programs for adults facing a range of mental health conditions, including depression; anxiety; mood changes; and grief, loss and trauma. The BMWC is located at 2020 East State Street, Suite J, in Salem, 330-337-4935.