

PALO PINTO GENERAL HOSPITAL

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Health Promotion Series-Stress Management

Vol. 1

Part of overall wellness includes recognizing one's mental health as well as their physical health. A large contributor to health/wellness can be stress. Stress doesn't just affect your mind- it can manifest with physical symptoms as well- such as headaches, stomach/digestion issues, heart disease, difficulty sleeping, and mood swings.



There are times when you can alter the things causing stress—relationships can improve, jobs change, etc. When you can't change the things causing stress, you have to learn to adjust or change your perspective. Over the next few weeks, you will be learning different techniques to cope with stress to ensure a more healthy lifestyle.



This week our coping technique for managing stress is **Getting adequate amounts of sleep**. Studies have shown that the average amount of sleep needed for adults is 7-8 hours per day. For those on night shift or opposite schedules of family members, this can prove difficult due to trying to keep up with activities of children, spouses, and friends. It is recommended that you take some time to shut your mind off when trying to go to bed- turn off the electronics, and other stimuli approximately 15-30mins before bed. For more information about sleep or techniques to improve sleep quality, visit this website:

http://www.cdc.gov/sleep/about_sleep/how_much_sleep.htm

