

Coping with Stress

Communication from the URI Pharmacy Outreach Team

Everyone experiences stress, here's what you should focus on:

1. Be positive! It is ok to feel this way, and you can fix it!
2. Think of what strategies you want to use to manage your stress, rather than feel helpless about it
3. Stress can impact your: Blood pressure, immune system, sleep, and much more. This is why management of stress is so important!

What is stress?

Stress is your body's natural response to emotional or physical demands. When you feel stress your body releases chemicals into your blood. This helps your body in times of emergency-giving you energy and strength.

- Stress can affect you immediately (acute stress) and over time (chronic stress).

Differences between acute and chronic stress

Acute stress: occurs when you have an immediate threat or a worrying situation. Example: falling and having trouble getting up or having an intense argument.

Chronic stress: occurs when we have many instances of stress over time. Example: Chronic pain/medical conditions, losing a loved one, or changing living situations

How do I manage my Stress?

Everyone handles stress in their own way but here are some helpful techniques!

- Exercise
- Meditation and deep breathing exercises
- Listen to soft, relaxing music
- Participate in group activities
- Focus on positive thoughts
- Connect with friends, family, and those you care for most!

If your stress is interfering with your daily life and these strategies do not help, talk to your doctor about seeking professional help!

To read the latest information about coronavirus disease (COVID-19) in Rhode Island, visit the Rhode Island Department of Health website:

<https://health.ri.gov/covid>

Helpful hint:

Remember that most pharmacies are offering delivery in order to minimize the need to visit the pharmacy! Ask your pharmacy about getting your prescriptions delivered!

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Stress Word Search

T O A J P I B C O M
F B R E A T H U W H
E A S R M U S I C K
S F M F E O D N K A
T L I I R L M D I R
R L L V L I I B W E
E G E L Z Y E E H L
S D V O U X J N F A
S K W M V H D G D X
Q U S B M J R P S S

Friends
Music

Breath
Stress

Relief
Relax

Family
Smile

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