

Got Stress?



Did You Know?

- Stress has been called “the silent killer” and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat.
- $\frac{3}{4}$ of the human population undergo stress at varying levels.
- Stress can cause insomnia and other sleep disorders.
- Laughter is the best natural medicine. It releases feel-good hormones, such as, dopamine.

What is Stress?

Stress is the body’s response to any physical or emotional changes in life. It’s a reaction that people have to excessive pressures or other types of demands placed upon them. When stressed, the body thinks it is under attack and switches to ‘fight-or-flight’ mode, releasing a mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. If you are suffering from extreme stress or long-term stress, your body will wear itself down. But sometimes, small amounts of stress can be good for you.

Signs and Symptoms of Stress

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|-----------------------------|-------------------------------|
| -Increased heart rate | -Frequent illness |
| -Increased blood pressure | -Headaches |
| -Fatigue | -Nausea/dizziness |
| -Depression | -Increased/decreased appetite |
| -Inability to concentrate | -Difficulty sleeping |
| -Feeling tense or irritable | |

Stress Management Techniques

Be active by finding an activity you enjoy and try to dedicate time to it each day or week.

Find time for yourself each day to relax and take a few deep breaths, even if it is only for a short amount of time.

Get enough sleep to relax and repair the damage stress can create.

Maintain supportive relationships and avoid unhealthy and unsupportive ones.

Breathe and practice relaxation techniques such as yoga or meditation.

Eat healthy by choosing foods such as fruits and vegetables to fight the physical symptoms of stress. Drink a lot of water and reduce sugar and caffeine intake.

Fun Facts!

- ❖ **Bananas** help overcome depression due to high levels of tryptophan, which is converted into serotonin, the happy-mood brain neurotransmitter. They also regulate blood sugar and produce stress-relieving relaxation.
- ❖ **Oatmeal** is comfort food and causes our brain to produce serotonin, a feel-good chemical. It creates a soothing feeling that helps overcome stress.
- ❖ **Walnuts** are a rich source of fiber, antioxidants, and unsaturated fatty acids. They can relieve pressure and tension and reduce blood pressure during times of stress.

PNP's Approach

Here at PNP, we offer stress management support which includes classes and vitamin supplements that can help with in-balance cortisol production. This stress management protocol can support your stress response and over all well-being.

Promoting Good Health and Quality of Life



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Healthy Recipe

Banana Walnut Oatmeal



Serving Size: 1/4 of recipe

Ingredients:

- 2/3 cups of milk (non-fat, dry)
- 1 pinch of salt
- 2 3/4 cups of water
- 2 cups of oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons of maple syrup
- 2 tablespoons of walnuts (chopped)

Directions:

- In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
- Add oats and cook, stirring until creamy, 1 to 2 minutes.
- Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts and serve.