



WHAT IS STRESS?

Stress is a reaction of the body managed by a feeling of emotional or physical tension, before a situation or challenge. Stress comes from situations that can make us feel nervous, frustrated, or angry. Stress can also be positive, such as meeting deadlines or avoiding danger.

THERE ARE TWO TYPES OF STRESS:

- **Acute stress:** It occurs for a short period of time and disappears quickly. It is felt, for example, when you press the brakes or fight with your partner. This helps you control dangerous situations. It also happens when you do something new or exciting. All people feel it or have felt it.
- **Chronic stress:** It lasts for a long period of time. You may have chronic stress if you have money problems, an unhappy marriage, or problems at work. Any type of stress that continues for a long time is chronic stress.

SYMPTOMS

Stress symptoms can affect your physical and mental health. Unchecked stress can contribute to many physical health problems, including high blood pressure, heart disease, obesity, and diabetes.

PHYSICAL	EMOTIONAL	BEHAVIORAL
Headache	Anxiety	Not eating or eating too much
Muscle tension or pain	Concern	Outbursts of anger
Chest pain	Lack of motivation or focus	Use of illegal drugs, alcohol or tobacco
Fatigue	Irritability, anger	Isolation
Loss of sexual desire	Sadness, depression	Less physical activity
Upset stomach and sleep problems		Insomnia or excessive sleeping

STRATEGIES FOR STRESS MANAGEMENT

- Get regular physical activity.
- Practice relaxation techniques, such as deep breathing, meditation, yoga, tai chi, or massage.
- Keep your sense of humor and positivity.
- Spend time with family and friends.
- Set aside time for hobbies, like reading a book or listening to music.
- Be sure to get at least 7 to 8 hours of sleep.
- Eat a healthy and balanced diet.
- Avoid tobacco use, excessive caffeine and alcohol, and the use of illegal substances.

WHEN SHOULD YOU SEEK HELP?

If you have one or more of these symptoms for more than three weeks, visit your primary care physician for a physical evaluation and to rule out other health problems. If these symptoms persist, see a mental health specialist such as a Psychologist, Clinical Social Worker, or Psychiatrist. If you need emotional support you can call or text **988**, 24 hours a day, 7 days a week to the **Suicide and Crisis Prevention Line**.



For guidance and assistance, call the **PSM Beneficiary Service**
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
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References: <https://www.mayoclinic.org/es-es/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987> · <https://medlineplus.gov/spanish/ency/article/003211.htm>