

Top 10 Daily Hassles

A survey of middle-aged adults revealed the top ten daily hassles:

- 1.** Concerns about weight
- 2.** Health of a family member
- 3.** Rising prices
- 4.** Home maintenance
- 5.** Too many things to do
- 6.** Misplacing or losing things
- 7.** Yard work or outside home maintenance
- 8.** Property, investments, or taxes
- 9.** Crime
- 10.** Physical appearance



Signs Of Stress



Physical Signs

- **Back pain**
- **Chest pain**
- **Cold hands**
- **Constipation**
- **Diarrhea**
- **Headaches**
- **Indigestion**
- **Muscle tension**
- **Racing heart**
- **Shortness of breath**
- **Changes in blood glucose**

If these symptoms are sudden or severe, or if they persist, contact your doctor.

Signs Of Stress



Psychological Signs

- **Anxiety**
- **Trouble thinking clearly**
- **Forgetfulness**
- **Frustration**
- **Trouble making decisions**
- **Sleeping poorly**
- **Short temper**
- **Nervousness**

Some of these signs are similar to signs of hypoglycemia. If you experience these symptoms, check your blood glucose and see if it is low.

Coping Strategies

Problem-Focused Coping

- Going to the source of a problem to fix it



Emotion-Focused Coping

- Learning to live with the stress by changing the way you respond to it

Stress Management

- **Get Organized**
- **Set Goals**
- **Have Happy or Good Thoughts**
- **Keep a Journal**
- **Take Care of the Basics**



Stress Management

- **Take Care of Your Health**
- **Exercise**
- **Learn How to Relax**
- **Get Rid of or Avoid Stress**
- **Join a Support Group**
- **Have Fun!**



Take Action Against Stress

Progressive Muscle Relaxation



- A.** Sit in a comfortable chair, feet flat, hands resting on your legs, or rest on bed. Tense each muscle group for at least 7 seconds and rest about 20 seconds between contractions. Inhale as you tense, exhale as you relax. Begin at your feet and move toward your head.
- B.** Visualize a peaceful, calm place using all five senses.

Take Action Against Stress

Breathing Exercises



- A.** Sit or lie down and uncross your legs and arms. Take a deep breath. Then exhale as much air as you can.

- B.** Breathe in and out again, this time relaxing your muscles while breathing out. Keep breathing and relaxing for 5 to 20 minutes at a time. Do the breathing exercises at least once a day.