

## What is stress?

Stress is a physiological response to stimuli that disrupts your mind and body's natural state of balance. This can be a good stressor, such as jogging a mile, or a bad stressor, such as a chronic illness.

This brochure aims to help those experiencing distress understand more about the underlying causes and symptoms, the effects of prolonged stress and stress reduction techniques to help improve overall quality of life.

## Resources in the Sacramento Area

- **Sacramento Community Gardens**
- **Yoga in the Park (YAA)**
- **Oak Park Community Center**
- **Imani Clinic**
- **Youth Explosion**
- **Crisis Call Center**

### **Stress quick tips:**

1. If you cannot change your stressors, change yourself.
2. Do not try to control what is already out of your hands.
3. Try doing something you love everyday.

## STRESS REDUCTION



Diagnose.

Treat.

Prevent.

### **Imani Clinic**

Oak Park Community Center  
3415 Martin Luther King Blvd.  
Sacramento, CA 95817  
(916) 475- 9582

## Causes and Symptoms

Stress has many causes, but below is a list of some of the more common stressors:

- Negative self-talk
- Family issues
- Financial problems
- Major life changes
- Disease and illness

It is equally important to be able to identify the most prevalent symptoms of stress:

- Moodiness/ irritability
- Trouble sleeping
- Difficulty focusing
- Anxiety, heart racing
- Digestion problems
- Diminished immune system
- Depression

## STRESS REDUCTION TECHNIQUES

Whether you identify your stress as being short-term or chronic, the following techniques have been proven to benefit those dealing with daily stressors in their lives. Resources for some of these alleviators listed have been printed on the back of this pamphlet for your convenience.

### **Laughter**

- Numerous studies have shown the benefits of laughing more. Whether it be watching your favorite show or talking to your funny friend, laughing elevates your mood while melting your stress away.

### **Yoga**

- Yoga is a historically revered stress reducer with the goal of training the mind and body while performing simple exercises, deep breathing and meditation.

### **Write it in a journal**

- This not only allows you to express your feelings through your writing, but it encourages you to log your stress levels and check for trends so you may identify those problems bothering you most.

### **Music and Dance**

- Dancing is a great form of exercise for anyone, and music can be your temporary escape. It can also aid in meditation, using soundscapes to calm your nerves and breathe deeply.

### **Sleep well, eat well**

- These two very simple things are somehow the most overlooked. The usual daily tasks can quickly become overwhelming without consistent meals and 8 or more hours of sleep.

### **Talk to someone about it**

- If you are unable to discuss your stressors with family or friends, you may confide in a physician, medical student or designated IHEOP counselor here at the Imani Clinic to help.