



Safety Matters®

NEW ME. KNOW ME. CALM ME.

Education and Encouragement for a Healthier, Happier Life.

Good and Bad Stress - Knowing the Difference for a Calmer You

Good stress or "Eustress" gets the heart pumping, increases motivation and provides a "burst" of energy. Bad Stress or "Distress/Chronic stress" takes much more negative toll on your body, health and wellness. Know the difference - Don't let it impact your health and wellness.

*According to the American Institute of Stress,
85% of medical problems may be related to stress.*



Signs and Symptoms of Too Much Stress

Stress affects everyone differently but the end result can be life threatening.

Know the signs and if they are not manageable, contact your physician immediately.

Emotional & Physical Impacts:

- Frustration, Moodiness
- Feeling Overwhelmed & Out of Control
- Difficulty Relaxing
- Low Self-Esteem, Loneliness, Worthlessness
- Distancing Yourself from Others
- Headaches, Body Aches, Pains and Tension
- Chest Pains and Increased Heartbeat
- Decreased Energy
- Insomnia
- Loss of Sexual Drive
- Frequent Colds and Infections

Health and Wellness Impacts:

- **Depression & Anxiety**
- **Cardiovascular Diseases**
- **Eating Disorders**
- **Skin and Hair Problems**
- **Gastrointestinal Issues**
- **Death**

Learn More. Know More.

Visit **our website** for links to more resources and tools.

Stay encouraged for a healthier happier you. Get social with us today!

