

# Stress Facts You Need to Know



## The Caraday Way

Everyone has a degree of stress! But knowing how to manage it and then making life changes is the key to healthy living. At Caraday, we encourage team members and residents to find healthy ways to manage stress – it's the Caraday Way!

*"Drink lots of water, maintain stress, and stay positive."*

Adrianna Rodriguez  
Park Bend Health Center

Stress! We all know the feeling. While it manifests itself in different ways – headaches, stomach aches, exhaustion, or overall tension – we have all felt it in one way or another.

Here are some fast facts that YOU need to know about stress.

### **Stress can be good – Sometimes**

A little bit of stress can motivate you to get that assignment done or perform when you need to most. It may even be lifesaving in some situations. However, stress should never be debilitating.

### **Stress is sickening, literally**

When you're under stress, you are more susceptible to a variety of ailments ranging from headaches to insomnia to high blood pressure and heart disease. Three-quarters of adults experience symptoms of stress, including headaches, tiredness, and sleeping problems. Learning to manage your stress is crucial not only to your happiness but also to your health.

### **Are you stressed? Here's why.**

The five main causes of stress include

- Financial problems
- Work
- The economy
- Parenting and family responsibilities
- Personal health

### **US States with highest and lowest stress levels**

Did you know that different states have different stress levels? Texas ranks third on the list of high-stress states!

1. Florida
2. New Jersey
3. Texas

### **Stress busters**

There are many ways to manage stress:

- Exercise
- Listen to music
- Take a hot shower or bath
- Laugh
- Pray or meditate
- Play with your pets
- Take a nap

Try several stress busters and go back to the ones that work the best for you!



For more information call 512-641-8805, email us at [contact@caradayhealth.com](mailto:contact@caradayhealth.com) or visit [caradayhealth.com](http://caradayhealth.com)