



NetCare Access is your connection to mental health and alcohol/drug addiction services in Franklin County.

If you or someone you know is in crisis, visit one of our crisis sites or call our 24-hour NetCare Access Crisis Hotline at (614) 276-C.A.R.E.

# **ACCESSING** Information About **Stress**

## **What is Stress?**

Stress is pressure from the outside that can make you feel tense inside. Some stress is a part of daily life and effects everyone. Certain kinds of stress can be helpful as it keep you going. Too much stress, over an extended period can make you tense, sad and physically ill.

## **Facts**

- Stress can interfere with your daily activities and relationships
- Stress can result in decreased productivity and lost time at work
- Stress can worsen or cause problems such as insomnia, bachaches, headaches, stomach problems, menstrual difficulties, anxiety and depression
- Stress can contribute to other serious health problems such as heart disease
- Stress can usually be managed without medication

Harmful stress can be the result of frequent or drastic change such as:

- Job changes and/or trouble at work
- Money problems, budget problems, loss of income, unemployment and/or large debts
- Changes in lifestyle such as sudden financial gain, a promotion and/or happy event
- Personal loss such as death of friend, loss of friends when moving, separation and/or divorce
- Illness or injury
- Family changes such as pregnancy, increased responsibilities and/or a child moving away
- Retirement and/or too much free time

## Signs and Symptoms

Signs and symptoms of stress include:

- Cognitive symptoms such as problems concentrating, nightmares, being overconcerned, memory problems, difficulty problem-solving, slowed thinking, confusion, feeling isolated and/or unappreciated
- Physical symptoms such as headaches, pain, skin rashes, appetite changes, stomach aches, lack of energy, feeling restless, fatigue, increased colds
- Emotional symptoms such as sadness, anxiety, anger, guilt, feeling “numb”, wanting to isolate self, crying often, stubbornness, denial
- Behavioral symptoms including trouble finishing work, conflict with peers, feeling “short-tempered”, not enjoying activities, impulsive behaviors, temptations to use substances, feeling and/or acting suicidal

## Things You Can Do To Limit Stress Include:

- Be realistic. Don't expect too much from yourself, set practical goals and keep a positive attitude
- Plan your work and use time and energy efficiently
- See your healthcare provider to rule out physical or mental problems that are caused by stress
- Eat regular meals that include healthy foods that will give you energy
- Take regular breaks
- Avoid making too many big changes at the same time
- Discuss problems with close friends and/or people involved
- Relax by using meditation, visualization or deep muscle relaxation

If you or someone you know is highly stressed or in a stress-related crisis, contact Netcare Access at (614) 276-C.A.R.E. Mental health assessments are provided at both Netcare's crisis sites at 199 S. Central Avenue and 741 E. Broad Street on a walk-in, first-come-first-served basis, Monday through Friday.

*Netcare Access provides 24-hour crisis intervention and assessment services to Franklin County residents experiencing a mental health or alcohol/drug crisis. For more information on Netcare's services, contact us at:*

**Netcare Corporation**  
199 S. Central Avenue  
Columbus, OH 43223  
Administrative line: (614) 274-9500  
Crisis hotline: (614) 276-C.A.R.E  
[www.netcareaccess.org](http://www.netcareaccess.org)