



Stress - we all experience it at one time or another

How to recognize the symptoms and reduce stress

Stress is quickly becoming the leading cause for time away from the workplace.

Recognize the Symptoms of Too Much Stress

- Irritability and/or agitation
- Mood swings
- Exhaustion
- Mental foginess
- Inability to focus or concentrate
- Frequent colds
- Sensitivity to aches and pains
- Underlying medical issues such as autoimmune diseases may flare up
- Previous or current addictions may prevail - such as drinking, smoking, over eating
- Difficulty sleeping



It is almost **impossible to prevent stress completely**, however we can look at ways to **reduce and deal with stressors and the symptoms of stress**. **Stress in small doses is actually good for us**. When the brain perceives physical or psychological stress, it starts **pumping the chemicals cortisol, epinephrine (adrenaline) and norepinephrine** into the body. Instantly the **heart beats faster, blood pressure increases, senses sharpen and a rise in blood glucose invigorates, stimulates and motivates us**. This sudden burst of hormones created from **small amounts of stress can cause people to perform tasks more efficiently and improve memory**. It can even **improve heart function and make the body more resistant to infection**. Too much stress, in high and long term doses can cause many negative effects on our body.

There are lots of ways to combat and reduce the effects of stress on our body

- † eat a well balanced diet
- † get plenty of rest
- † exercise frequently
- † use relaxation techniques (yoga, deep breathing, read a book, listen to music)
- † get some fresh air
- † have fun
- † laugh out loud
- † distant yourself from stressors if possible
- † know when to say "enough"





HEAT STRESS

Preventing Heat Stress - Recognizing the symptoms of heat related illness

| Heat Index Chart | | | | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Temperature (°F) vs. Relative Humidity | | | | | | | | | | | | | | | |
| | 10% | 15% | 20% | 25% | 30% | 35% | 40% | 45% | 50% | 55% | 60% | 65% | 70% | 75% | 80% |
| 115 | 111 | 115 | 120 | 127 | 135 | 143 | 151 | | | | | | | | |
| 110 | 105 | 108 | 112 | 117 | 123 | 130 | 137 | 143 | 151 | | | | | | |
| 105 | 100 | 102 | 105 | 109 | 113 | 118 | 123 | 129 | 135 | 142 | 149 | | | | |
| 100 | 95 | 97 | 99 | 101 | 104 | 107 | 110 | 115 | 120 | 126 | 132 | 136 | 144 | | |
| 95 | 90 | 91 | 93 | 94 | 96 | 98 | 101 | 104 | 107 | 110 | 114 | 119 | 124 | 130 | 136 |
| 90 | 85 | 86 | 87 | 88 | 90 | 91 | 93 | 95 | 96 | 98 | 100 | 102 | 106 | 109 | 113 |
| 85 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 93 | 95 | 97 |
| 80 | 75 | 76 | 77 | 77 | 78 | 79 | 79 | 80 | 81 | 81 | 82 | 83 | 85 | 86 | 86 |
| 75 | 70 | 71 | 72 | 72 | 73 | 73 | 74 | 74 | 75 | 75 | 76 | 76 | 77 | 77 | 78 |

| Heat Index/Heat Disorders | |
|---------------------------|--|
| Heat Index | Possible heat disorders for people in higher risk groups |
| 130 or higher | Heatstroke/sunstroke highly likely with continued exposure. |
| 105-130 | Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity. |
| 90-105 | Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity. |
| 80-90 | Fatigue possible with prolonged exposure and/or physical activity. |

Source: [National Weather Service](#)

