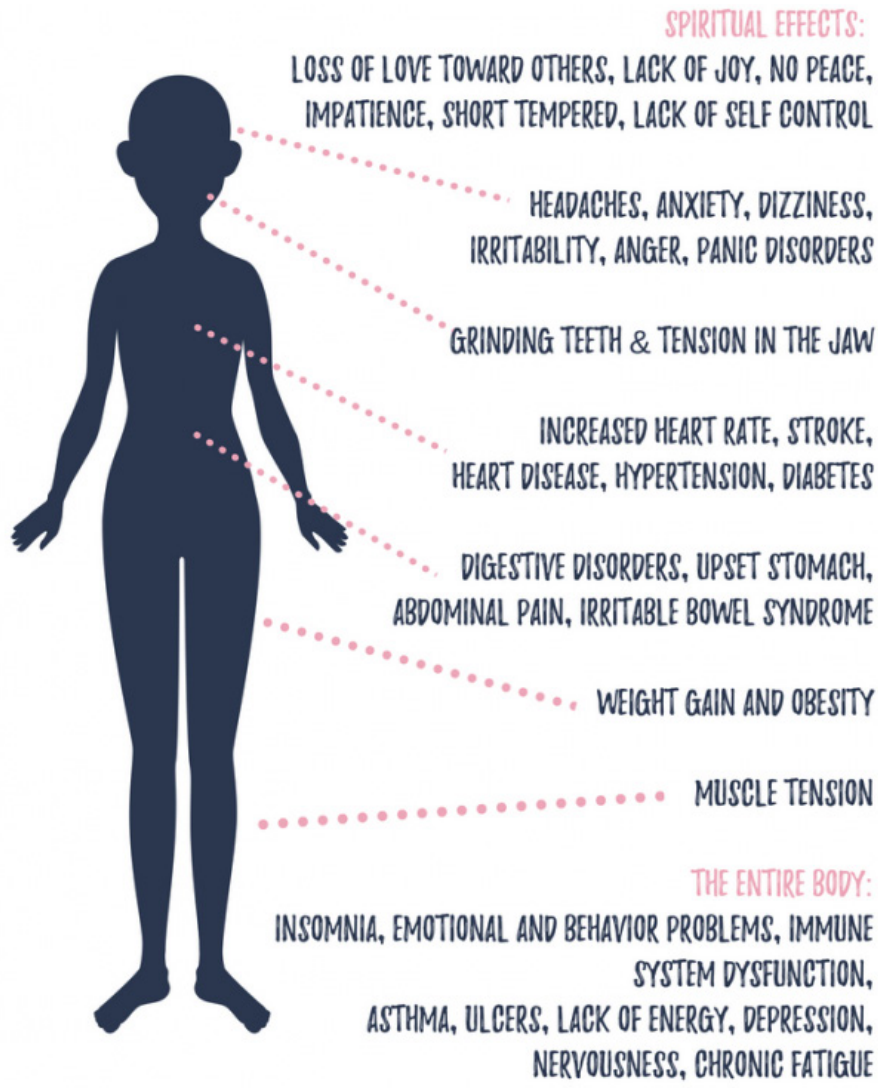




Stress

A feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is the body's reaction to a challenge or demand.

How stress affects your heart, mind & body



Recognizing stress in yourself:

THINKING SYMPTOMS

- Constant worry
- Forgetfulness
- Difficulty making decisions
- Inability to concentrate
- Loss of sense of humor

EMOTIONAL SYMPTOMS

- Anxiety
- Anger
- Feeling Powerless
- Frequent mood swings
- Irritability
- Frustration
- Nervousness
- Sadness

PHYSICAL SYMPTOMS

- Racing heart
- Headaches
- Exhaustion
- Upset Stomach
- Muscle Tension
- Just not feeling like 'you'

Visit our website for more tips on stress relief: www.Health.Solutions

Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services,
text TALK to 38255