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’

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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

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