

Community Health Coalition, Inc.

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Health Sunday Topic:

Stress & Stress Management

The Community Health Coalition emphasize mental health during the month of December. So as you are preparing for the long lines in your favorite store, lots of traffic, and plenty of stress. Read what our health expert has to say about mental health today.

According to Dr. Carol Gibbs, a local psychiatrist in private practice: "Most of us recognize when we are sick with a cold or flu. We are typically aware when we have a headache or an upset stomach. However signs of stress often go unrecognized and even when recognized, often get ignored. It is important to get a handle on stress before it gets overwhelming. Recognizing the signs of stress is the first and most important step to making this happen.

For more information, read today's Health Sunday Flyer; and refer to the following websites:

www.nmha.org

www.mha-nc.org

www.mhacentralcarolina.org



HEALTH SUNDAY IN THE BLACK COMMUNITY

is a program of Health Tips. It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goes each 4th Sunday. Today's Health Tip is: Stress & Stress Management in the African American Community.

REMEMBER:

A HEALTHY DURHAM

INCLUDES YOU !

NOTE: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Stress & Stress Management

Stress, although a simple word, can be a very complicated condition. It can affect us in a number of ways and can lead to various other health concerns. It can affect just about every organ and organ system in the body. It can be present anywhere we go and follow us everywhere we go. It is important to get a handle on stress before it gets over-whelming. Recognizing the signs of stress is the first and most important step to making this happen.

Excessive amounts of stress can manifest in various ways including physical and emotional fatigue, poor sleep, consumption with worry, distractibility, irritability and impatience. Stress can lead to elevations in blood pressure. It can cause headaches as well as stomach and bowel complaints. It can disrupts the home, relationships with friends and family and impact job performance.

Just recognizing the signs without action is not enough. While there is no way to eliminate all stressors in life, it is important to take measures to control the amount of stress and combat the effects of stress with relaxing activities. For example, even if we have to be around difficult people at work, we should limit confrontation as much as possible and also make sure we have a relaxing activity to look forward to in the evening-even if it's a ten-minute bubble bath or twenty minutes reading a good book. If there is conflict with a friend or family member, recognize that being healthy is usually more important than being right. If there are ten things that need to get done, tackle one at a time and when possible, recruit help for the other nine.



Be aware that you can't do it all. Most importantly, make a concerted effort to recognize your body and what it is telling your. If you are tired, rest. If you have a long list, prioritize and shorten the list. If there is conflict, promote conflict resolution. Schedule relaxing "me-time" on a regular basis. While some amount of stress is unavoidable, it should not control your life. Don't ignore the signs. Lastly, don't hesitate to discuss this condition with your healthcare provide, especially if the strategies you have implemented have not provided adequate relief.



Your Health Sunday Coordinator is: _____

A Message from your **Community Health Coalition** in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital