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MANUFACTURER'S REPORT



submitted by Professional Health Services

Stress. Everybody's feeling it — even the banks. You might be surprised to learn that “stress” actually means different things to different people, and that some stress is even good for you. But prolonged, unrelenting stress can lead to a host of health problems. Here's when stress is bad for you and what you can do to respond to stress in a healthier way.

What is stress, anyway?

Stress is difficult to define because everyone has different stressors. Some people experience a heightened stress reaction in a social setting, while others thrive. The physical effects are the same, no matter what the source of stress: the secretion of the stress hormone cortisol, an adrenaline rush and, often, the “fight or flight” sensation.

But some stress is good for you. Good stress, or eustress, is the kind of pressure that helps you meet deadlines and win a race.

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*continued from cover***How can stress be unhealthy?**

Stress becomes unhealthy when it becomes prolonged, chronic stress or when it feels overwhelming or unmanageable. A consistently stressful lifestyle is also unlikely to include enough exercise and is more than likely to include some unhealthy habits such as smoking or alcohol and drug use.

Hans Selye, an early pioneer of stress research, once defined stress as “the rate of wear and tear

on the body.” That’s true: Among its other unhealthy side effects, stress can also accelerate the aging process.

Changing your body’s response to stress

Stress is virtually unavoidable in today’s world, but you can protect your body from its damaging effects. Learn to recognize stress and respond to it in a healthy way:

- **Exercise:** Most stress occurs when we’re sitting still (at a desk or stuck in traffic), and being “all stressed out with nowhere to go” is unhealthy. But regular exercise helps to decrease production of stress hormones and neurochemicals and even helps to combat anxiety and depression — common side effects of a stressful life.
- **Relaxation techniques:** Medicinenet.com says that 1-2 meditation sessions a day, 20-30 minutes each, can decrease heart rate and lower your blood pressure. If meditation is not for you, try yoga or massage, or take up a relaxing hobby such as painting, playing a musical instrument, journaling or even knitting. Whatever soothes your troubled nerves will also fight stress.
- **Take a break:** Chronic, uninterrupted stress damages your physical and mental health and lowers your immunity. So interrupt the stress. Take regular breaks at work, and really relax on weekends (with the Blackberry turned off).
- **Set a routine:** Children feel more secure with a set daily routine, and so do adults. Try for a more “predictable” home and work environment.
- **Friendships:** Foster healthy friendships and reconnect with old friends and relatives. While you’re at it, ask their advice about stress relief techniques that work for them!

One thing not to do is use alcohol or recreational drugs, which can actually make stress and anxiety worse by making you more sensitive to stress and causing your body to produce more stress chemicals. Plus, during the time that you’re under the influence, you’re probably not dealing with the underlying source of stress in a healthy way that helps to resolve it.

For more information on stress and tips for coping with it, see the [Mayo Clinic’s Web site](#).

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Occupational Safety & Health Conference

Summer is beginning to wind down and soon the Fall Occupational Safety & Health Conference will be upon us. The conference is being held this year on **October 4th -7th at Loews Lake Las Vegas, Henderson, Nevada**. If you haven't registered, you may [view conference webpage](#) and [register online!](#)

Thank you Sponsors!

EI and Intec would like to express their gratitude to the conference and website sponsors. The sponsors for the Fall Conference are Innovative Textiles Inc., SVS Vision, Workrite, Drifire, e-Hazard.com, Nasco, Professional Health Services and Walls FR. Please stop by their exhibits and give them a warm welcome!



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