



HEALTH CORNER

MAY 2014

Did you know?

May is Mental Health

Wellness is more than absence of disease. It involves complete general, mental and social well-being. Mental health is an essential component of overall health and well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health. But, when someone is under chronic stress, it begins to negatively affect his or her physical and mental health. The body's stress response was not made to be continuously engaged. Many people encounter stress from multiple sources, including work; money, health, and relationship worries; and media overload.

With so many sources of stress, it is difficult to find time to relax and disengage. This is why stress is one of the biggest health problems facing people today.

Chronic stress increases the risk of developing health problems including obesity, diabetes, heart disease, cancer, and a weakened immune system. Chronic stress also affects a person's mental health. Many studies show a correlation between stress and the development of mood disorders such as anxiety disorders and depression.

According to the American Psychological Association's latest stress survey, 66 percent of people regularly experience physical symptoms of stress, and 63 percent experience psychological symptoms.

For more information on how to stay mentally healthy please see "Strategies for Good Mental Health" on the Dubuque Schools Nurses website <http://www.dubuque.k12.ia.us/schoolnurse/index.html>

Or check out these websites for more information:

<http://www.nimh.nih.gov/health/publications/stress/index.shtml>

<https://www.apa.org/helpcenter/stress.aspx>