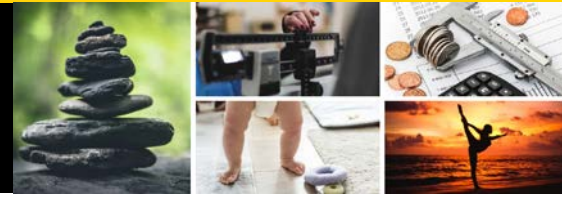


Balance



Stress Effects

When life gets off balance, stress can intensify and consequently affect your body, mood, and behavior. Recognizing common stress symptoms can help you better manage them as well as potentially avoid the onset of more serious health problems, such as high blood pressure, heart disease, obesity, and diabetes.

Common Effects of Stress		
On Your Body	On Your Mood	On Your Behavior
Headache	Anxiety	Overeating or undereating
Muscle tension or pain	Restlessness	Angry outbursts
Chest pain	Lack of motivation or focus	Substance misuse or abuse
Fatigue	Feeling overwhelmed	Tobacco use
Change in sex drive	Irritability or anger	Social withdrawal
Upset stomach	Sadness or depression	Exercising less often
Sleep problems or insomnia		

If you are experiencing stress symptoms, consider trying the following strategies to help better manage your stress:

- Get regular exercise/physical activity—aim for 150 minutes of moderate-intensity aerobic activity weekly plus muscle-strengthening activities at least twice per week.
- Make time for activities that help relax you, such as deep breathing, meditation, yoga, massage, etc.
- Keep a sense of humor and let yourself laugh—go see the latest comedy in theaters, check out your local comedy club, watch blooper videos on YouTube, etc.
- Set aside time to pursue hobbies, like reading, writing, drawing, crafting, listening to music, etc.
- Spend time with loved ones.

Be sure to also eat a healthy, balanced diet and get plenty of sleep. Additionally, avoid using tobacco, excess caffeine and alcohol, and illegal substances.

If you feel your stress is too much to manage on your own, consider speaking with a professional. Caterpillar's Employee Assistance Program (EAP) is a free, voluntary and completely confidential service provided to employees and their eligible family members to help meet many challenges at home and work. The EAP is available 24/7 by phone at **866-228-0565** and online at **CaterpillarEAP.com**.

Sources: Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>)