

STRESS HEALTH

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What is Stress?

External stimuli such as troubling situations.

The body's physiological response to a troubling situation

Transaction response to a troubling situation.

Who is at Risk?

Recognizing Stress

Causes of Stress

Results of Stress

Chronic pain
syndrome

Arthritis

Ulcers

Irritable
bowel
syndrome

Hypertension

Insomnia

Results of Stress

Angina

Asthma

Obesity

Headaches

Painful
periods

Back pain

Dermatitis

Arrhythmia

Your Skin Stresses Too



Nyla, Tina-Ann, Erna



Psych Dermatology

Trichotillomania

Acne

Alopecia areata

Atopic
dermatitis

Psoriasis

Psychogenic
purpura

Rosacea

Excoriations
(Picking)

Life Purpose, Mission, and Vision

Seek	Seek to clarify one's purpose or meaning for one's life in a purpose statement
Seek	Seek to develop one's life mission based on one's purpose, values, gifts
Develop	Develop one's vision for carrying out one's mission

Time Management

Scheduling

- Once prioritized, schedule activities into your day/week.

Lifestyle Management

Positive Self-Esteem

- Accept yourself as valuable because you are created in His image.

Coping With Stress--Exercise



Coping With Stress

When to Seek Help

Out of control feelings

Chest pain/palpitations/shortness of breath

Pain not relieved by massage or OTC medications

When your gut says, "Something just doesn't feel right."

Help Is Available

Help Is Available

Coping With Stress

OPEN DISCUSSION
