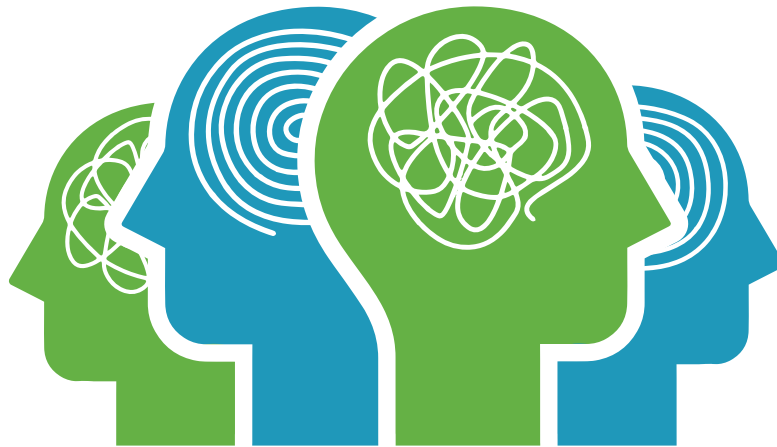




**the**  
**Telehealth**  
*Times*

*APRIL IS*  
**STRESS**



**AWARENESS MONTH**

# KAMRYN'S CORNER

Hello everybody! April is Stress Awareness Month. Stress can cause a variety of symptoms affecting your physical, mental, and emotional health. Long term stress can cause chronic or worsen existing conditions. Chronic stress can weaken your immune system causing frequent illness, persistent fatigue, and chronic anxiety or depression. There are many options for managing and treating stress, both pharmacological and nonpharmacological. If you are experiencing high stress in your life and are in need of help, please call me for assistance scheduling an appointment with your primary care provider at Bamberg Family Practice.

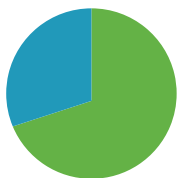


**Kamryn Williams, LPN**  
*Telehealth Coordinator*  
*Palmetto Care Connections*

Yours Truly,  
*Kamryn*

# Stress

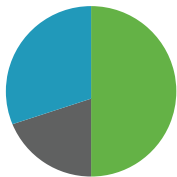
## All about stress



70% of people are constantly under stress



women are stressed more often than men



18-33 years old 45-60 years old 65+ years old

young people are more prone to stress



stress is the cause of 80% of disease

## Stress factors

financial problems



relatives death



divorcement



health problems



## Stress symptoms

fatigue



irritability



insomnia



headache



## Stress treatment

sport



antidepressants



music



meditation



bath



aromatherapy



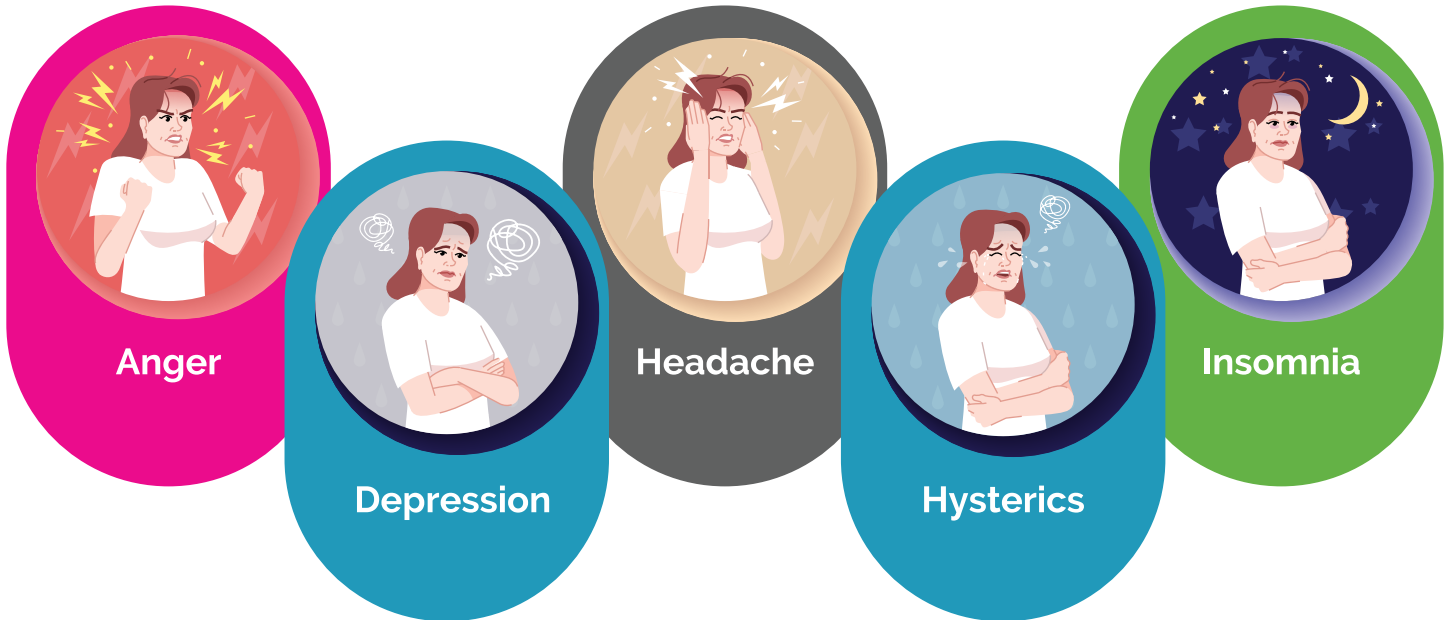
healthy food



herbal tea



## Stress Symptoms

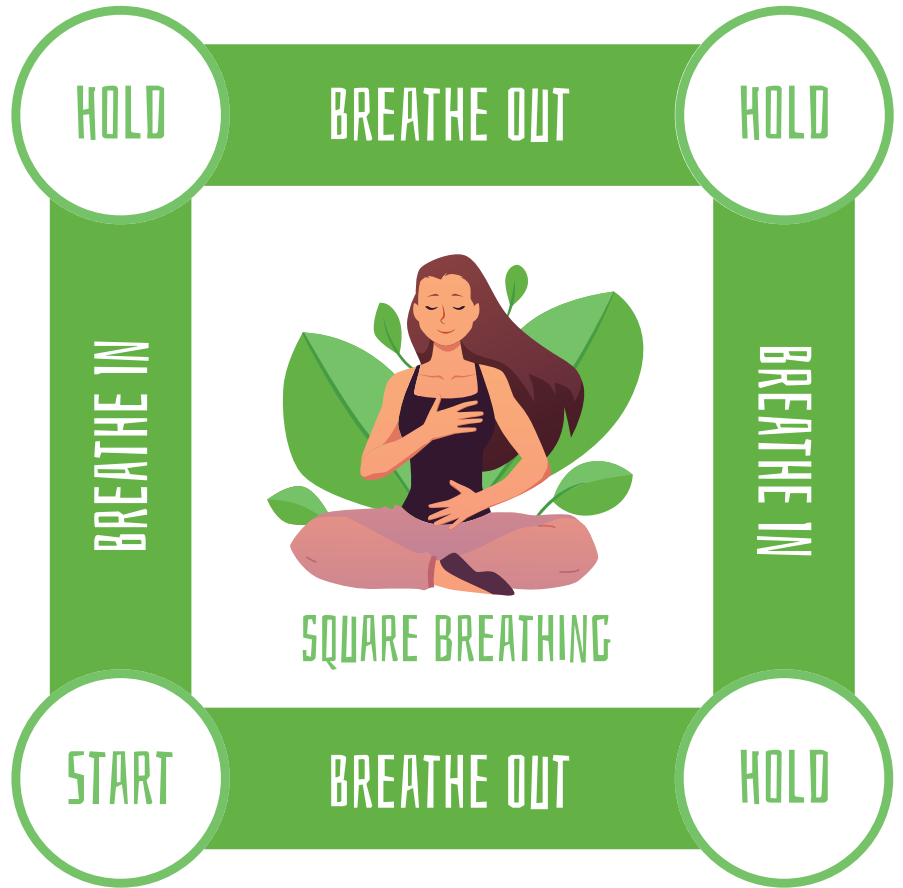


- **Overwhelmed**
- **Nervous**
- **Sense of dread**
- **Tense**
- **Lonely**
- **Sweating**
- **Rash or itchy skin**
- **Decreased and increased appetite**

- **Weight gain or weight loss**
- **Dizzy or faint**
- **Chest pain**
- **High blood pressure**
- **Blurred vision**
- **Shortness of breath**
- **Muscle aches**

# Managing Stress

1. Inhale for 4 seconds
2. Hold for 4 seconds
3. Exhale for 4 seconds
4. Hold for 4 seconds
5. Repeat for 3 to 5 cycles



EXERCISE

SPA

SOCIAL NETWORK

MEDITATION

9 EASY WAYS TO MANAGE STRESS

PRACTICE BREATH MEDITATION

READ A BOOK

LISTEN TO MUSIC

YOGA

PLAYING WITH PET

# Lifestyle

## Nutrients to focus on:

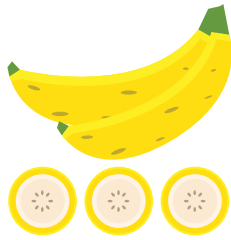
- **Omega-3 Fatty Acids** – aids in inflammation and calming
- **Magnesium** – relaxes the body and decreases anxiety
- **Vitamin C** – aids in managing cortisol
- **Probiotics** – supports gut health to lower anxiety levels.

## Foods Infographics

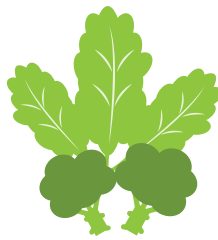
### 10 Food For Reduce Stress



**Green Tea**  
It has anti-oxidants



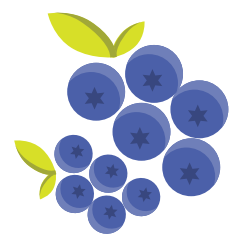
**Banana**  
Potassium & minerals



**Spinach, Broccoli**  
Magnesium & minerals



**Salmon**  
Choline & Vitamin B



**Blueberries**  
It has anti-oxidants



**Almonds & nuts**  
Magnesium & Vitamins



**Chocolate**  
It has Magnesium



**Orange**  
Anti-oxidants & Vit C



**Milk & yogurt**  
Calcium & proteins



**Avocados**  
Proteins & Vitamins

# FACTS AND STATS

- 77% of Americans report symptoms of stress.
- People aged 30 to 49 report the highest levels of stress and the lowest sleep quality.
- 48% of Americans report difficulty sleeping due to stress in their life.
- Chronic stress is considered a primary killer in the United States.
- 73% of Americans report that their stress levels affect their mental health.



Source: [www.stress.org](http://www.stress.org)

## WHAT WE ASPIRE TO BE

### OUR VISION

Every South Carolinian is connected to healthcare services

## WHAT WE ARE

### OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

## WHAT WE DO

### OUR VALUES

- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Increase access to care
- Advocate

## WHAT WE DO

### FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

*\*The provided content is intended solely for educational purposes and should not be treated as medical advice*

