



Personal Health Assessment

STRESS PROFILE

Age: 45 years

Sex: female

Here is your Stress Report. It includes information about your lifestyle habits that have an effect on your health right now as well as in the years to come. We hope that as you read your report, you will come to realize that you can do many things to better your health and mental well-being by managing stress.

STRESS PROFILE

Your Stress Profile displays an evaluation of your stress compared to those that would lead to optimal health. The goal is to move all the bars to the left toward the “very good” and “good” evaluations.



STRESS FACTORS

You were asked if you had any recent experiences that are considered “stressful.” These stress factors are normal occurrences that can happen to anybody. However, any one of them can cause real difficulty, and having two or more at the same time can cause serious problems.



Recommendation: You have encountered more than two of the stressful situations listed. It is usually difficult to cope with a number of stressful factors at the same time. If you feel overwhelmed seek help from a family member, friend or seek professional advice.

STRESS MANAGEMENT

Stress in your life can be both good and bad. Positive things like receiving a job promotion or having a baby are cause for celebration, yet they too, expose you to stress. These days it’s almost impossible to avoid stress. The trick is in knowing how to keep in balance: to manage it before it affects your health in a negative way.



Recommendation: You feel that you are extremely effective at handling the stress in your life and that your life is not overly stressful. Continue to practice stress management activities that you’ve found to be effective.



DEALING WITH STRESS

You reported that you usually respond to stress by: exercise, humor/laugh, drinking alcohol and relaxation techniques. It is important to find a solution to what causes your stress. Developing a positive action plan can help solve difficulties.

MENTAL WELL-BEING

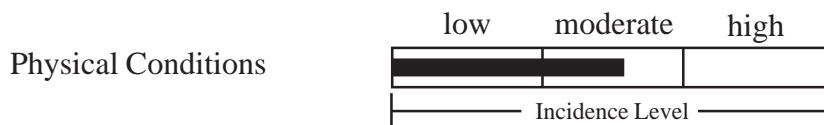
You indicated that you are mostly satisfied with your life. That is good. Try to maintain a healthy lifestyle balance with a good exercise program, proper nutrition and a winning attitude.



Recommendation: Your score indicates that your current level of mental health and coping ability is excellent. This usually means that you are in control of your life and are able to handle the day-to-day problems that arise. Continue to keep a positive perspective on the world.

STRESS-RELATED PHYSICAL CONDITIONS

You were asked about your experience with some common stress-related disorders. Your results are evaluated on the graph below.



Recommendation: Everyone experiences stress-related conditions occasionally. Your frequent muscle tension in neck - shoulder - jaw is a symptom that you may wish to do something about. Your doctor can provide you with suggestions on how to handle your stress.

EXERCISE AND LOWER BACK PAIN

In addition to physical health benefits, aerobic exercise can improve mental health by helping to release pent-up emotional energy; and recent research indicates that chemicals in the brain are released during aerobic exercise that provide a physiological sense of well-being. In addition, stretching exercises help relieve muscle tightness.

You report occasional back pain, it is important to develop and/or maintain habits for prevention. Consider implementing the suggestions below.

When you do flexibility exercise, concentrate on slow stretching of the muscles of your lower back and those at the back of your thighs.

In addition, you should begin exercising to improve abdominal muscle tone. Curl-ups are good for this. It is not necessary to do a full sit-up.



TAKE CHARGE

Use this Stress Report and its related suggestions to begin making healthy changes in your life.

After identifying the sources of your stress, the next step is to develop an action plan that will reduce those stressors. You can't eliminate stress but you can change the way you react to it and there are some positive ways to cope that will make you feel better. The following suggestions are general stress coping techniques that can help with your specific challenges.

Acceptance

Learn to accept what you cannot change and save your energy for what you can control.

Social Support

Seek out caring people to talk to. Allow people to help you. Express your feelings.

Eat Right

Make sure you eat a healthy balanced diet.

Regular Physical Exercise

Exercise or some vigorous activity can be an outlet for physical tension from your body.

Sleep and Rest

Learn your own energy limits and make sure you get enough sleep and rest to restore your physical and mental resources.

Positive Self-Talk

Work on eliminating the critical voice inside you that blames you and others. Listen for all the "shoulds" and negative messages that erode your confidence and well-being.

Relaxation and Meditation Techniques

There are many different and simple techniques for deep relaxation that can help calm and center you. Deep focused breathing is always available.

Recreation

Find some fun recreational activities that offer mental distraction from the problems and pressures you are handling.

Professional Support

If your stress is lasting a long time and having a harmful effect on your physical and emotional health then seek professional help. Speak to your physician first who can often find you the right kind of help. Look for support groups in your area.

By reducing the stress in your life you can improve the quality of your life. **TAKE CHARGE NOW!!!**