

Coping with Stress

Stress is an emotional and physical reaction to change. Everyone has stress. Stress can be positive and give you energy or it can be unhealthy and cause health problems. Stress for short periods may not affect you but stress over time can cause or make some illnesses worse, such as heart disease, stroke, high blood pressure, diabetes, irritable bowel syndrome, asthma or arthritis.

Causes

Causes of stress vary from person to person. Some common causes of stress can be a death of a family member, illness, taking care of your family, relationship changes, work, job change, moving and money. Even small things such as long waits or delays or traffic can cause stress.

Signs

Some common signs of unhealthy stress:

- Feeling nervous, sad or angry
- Fast pounding heartbeat
- Hard time breathing
- Sweating
- Pain or tense muscles in the neck, shoulders, back, jaw or face
- Headaches
- Feeling tired or having trouble sleeping
- Constipation or diarrhea
- Upset stomach, lack of appetite or weight loss

Savlađivanje stresa

Stres je emotivna i fizička reakcija suskladna sa promjenama. Svako ima stres. Stres može biti pozitivan i dati vam energiju ili može biti nezdrav i nanijeti zdravstvene probleme. U kraćem vremenskom razdoblju stres vas ne mora pogoditi ali stres koji traje duže vremena može doprinjeti razvoju bolesti ili pogoršati postojeću bolest, kao na primjer bolesti srca, infarkt, visok pritisak, dijabetes, sindrom iritabilnog kolona astma ili artritis.

Uzroci

Uzroci stresa variraju od osobe do osobe. Primjeri čestih uzroka stresa mogu biti smrt člana porodice, bolest, staranje o porodici, promjene u odnosima sa partnerom, poslu, selidba ili financijske teskoće. Čak i male stvari kao naprimjer čekanje ili kašnjenja ili saobraćaj mogu doprinjeti razvoju stresa.

Simptomi

Najčešći simptomi nezdravog stresa su:

- Osjećaj nervoze, tuge ili razdražljivosti
- Brzo lupanje srca
- Teškoće sa disanjem
- Znojenje
- Bol ili nadraženost mišića u vratu, ramenima, leđima, vilici ili licu
- Glavobolje
- Osjećaj umora ili nesanica
- Nadmenost ili proliv
- Razdražen stomak, nestanak apetita ili gubitak težine

Tips for Coping with Stress

Watch for signs of stress. When they occur, try to avoid the cause or change how you react. Other helpful tips:

- Do something that relaxes you such as: deep and slow breathing, stretching exercises, yoga, a massage, meditation, listening to music, reading, a hot bath or shower.
- Get a hobby or do something you enjoy.
- Learn to accept things that you cannot change.
- Think positive.
- Set limits. Learn to say no. Take one thing at a time.
- Get 8 hours of sleep each night.
- Eat a healthy diet that includes fruits, vegetables, protein and whole grains. Limit caffeine and sugar.
- Exercise regularly. Exercise will help relax tense muscles, improve your mood and help you sleep better.
- Talk to your family and friends about your problems.
- Do not deal with stress in unhealthy ways such as eating too much, not eating enough, using tobacco products, drinking alcohol or using drugs.
- Get help from a professional if you need it. A counselor can help you cope with stress and deal with problems. Your doctor may prescribe medicines to help with sad feelings, nervousness or trouble sleeping.

Talk to your doctor or nurse if you have signs of stress.

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Savjeti za savlađivanje stresa

Pazite na simptome stresa. Kada se pokažu, pokušajte izbjegavati njihove uzroke ili promijenite način reagovanja. Dodatni savjeti:

- Radite nešto što vas opušta, kao naprimjer, duboko i sporo disanje, razgibajte se, joga, masaža, meditiranje, slušanje muzike, čitanje, vruća kupka ili tuširanje.
- Nađite si hobi ili radite nešto u čemu uživajte.
- Naučite da prihvatite stvari koje ne možete promijeniti.
- Mislite pozitivno.
- Odredite si granice. Naučite da kažete Ne. Radite jednu po jednu stvar
- Spavajte bar 8 sati svaku noć.
- Hranite se zdravo. Uključite u ishranu namirnice kao što su voće, povrće, proteini i žitarice. Smanjite unos šećera i kafeina.
- Vježbajte redovno. Vježbanje će pomoći opuštanje mišića popravice vam raspoloženje i pomoći vam da bolje spavate.
- Razgovarajte sa porodicom i prijateljima o svojim problemima.
- Nemojte se odnositi sa stresom na nezdrav način kao što je prežderavanje, prestanak uzimanja hrane, korištenje duhanskih proizvoda, konzumiranje alkohola ili korištenje droga.
- Tražite profesionalnu pomoć ako vam je potrebna. Profesionalni savjetnik vam može pomoći da se riješite stresa i problema. Vaš doktor vam može prepisati tablete koje će vam pomoći sa osjećajima tuge, nervoze ili nesanice.

Ako primijetite znake stresa, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.

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Coping with Stress. Bosnian.