



*Limited Seating*

## Holiday Stress Management

*Refreshments*



Is the thought of the up-coming holidays, the in-laws, cooking , gift buying & kids out of school already making you feel overwhelmed?

**Come join us for a FREE education class over Holiday Stress Management. It will be Monday, 10/22/12, from 5:30-p-6:30p at 216. S. Main, Lindsay, Ok.**

In this class Julie Selman, from the Garvin County Health Department ,will talk about what stress is, how it effects your health, and how to learn ways to keep your stress level down to maintain your health.

Here is a list of common effects of stress:

- Headache
- Muscle tension/pain
  - Chest pain
  - Fatigue
- Stomach problems
- Sleep problems
  - Anxiety
- Irritability/anger
- Sadness/depression
- Over eating/under eating
- Drug/alcohol abuse
- Social withdrawal

Stress that's left unchecked and unmanaged can contribute to health problems such as high blood pressure, heart disease, GERDS, obesity, chronic depression, and diabetes.

