

Raising Awareness about Stress

The 2019 Cigna® Well-Being Survey revealed we are more stressed, less rested and spending less time with family and friends.

1 Introduction

Stress can be detrimental to our well-being, both in the workplace and in our daily lives. While it can serve a solid purpose in human biology, our modern lives have brought about a surplus of stressors that cause a negative impact from day to day. Whether it's a job that puts you under extreme pressure, or personal struggles that leave you feeling overwhelmed, stress can have a real impact on your well-being.

2 The impact of stress

Stress is defined as “the non-specific response of the body to any demand for change.” When you're stressed, your body responds as if you are in danger. Hormones are produced that increase heart rate, breathing and give you a burst of energy – this is known as the fight-or-flight stress response.

Stress is a normal response and can be useful when you need to react quickly or finish an important job on time. But if stress happens too frequently or lasts too long, it can

lead to headaches, gastrointestinal issues, back pain and insomnia. It can even weaken your immune system.

3 Managing stress

You can get stress under control. Here are some tips on controlling stress:

- Find out what is causing stress in your life.
- Look for ways to reduce the amount of stress you are experiencing.
- Learn healthy ways to relieve stress and reduce its harmful effects.

4 Relieving stress

Finding ways to get relieve stress is different for each person. The following are some things you might try:

- Exercise – regular exercise is one of the best ways to manage stress.
- Write – journaling is a great way to relieve stress.
- Learn ways to relax your body – breathing exercises, massage, yoga or other methods can be used to relieve stress.
- Do something you enjoy – hobbies and volunteer work are great ways to manage your stress.

Did you know?

64% of people around the world work in an ‘always on’ culture which causes stress and adversely affects both physical and mental well-being.

To find out how stressed you are right now, use this interactive tool: [What Is Your Stress Level?](https://wellbeing.cigna.com/?sf100282182=1)

References:

<https://wellbeing.cigna.com/?sf100282182=1>

<https://www.stress.org/what-is-stress>