

# HOW TO MANAGE OCCASIONAL STRESS DURING TIMES OF UNCERTAINTY

Managing occasional stress during times of uncertainty can be difficult to control. Occasional stress has the potential to interfere with the enjoyment of life and even the ability to perform your ordinary daily activities.

## WITH OCCASIONAL STRESS, YOU MAY EXPERIENCE:

- Occasional restlessness
- Occasional anxiety
- Difficulty concentrating
- Sleep disturbance

## HOW YOUR BODY HANDLES STRESS

Stress is both biological and psychological, and so your stress response is handled by two interconnecting systems: the hypothalamic-pituitary-adrenal (HPA) axis, and the sympathetic-adrenal-medullary (SAM) system. Each person experiences stress in a unique way, depending on factors in their life.



RESPONSES TO  
NEW STRESSORS



REPEATED  
STRESSORS



IMMUNE  
FUNCTION



CERTAIN  
PHYSIOLOGICAL  
MEASURES

All of the above can impact the way your practitioner helps you manage stress.

Learn more about Stress Response here:

[www.integrativepro.com/Resources/Resource-Centers/stress-response](http://www.integrativepro.com/Resources/Resource-Centers/stress-response)

## WHAT CAUSES STRESS?

Studies show that the common root causes of stress are:\*



PERSONAL HEALTH



HEALTH OF FAMILY



MONEY



WORK



THE ECONOMY

IF YOU ARE  
EXPERIENCING  
OCCASIONAL STRESS,  
YOU ARE NOT ALONE.

60% OF  
AMERICANS REPORT  
DEALING WITH  
CHRONIC STRESS\*

34% OF  
PEOPLE EXPERIENCE  
OCCASIONAL ANXIETY  
AND FATIGUE

NEARLY 90% OF  
PEOPLE WITH ANXIETY  
ALSO EXPERIENCE  
DEPRESSION

50% OF PEOPLE  
REPORT OCCASIONAL  
SLEEPLESSNESS\*

# TAKE HOME ACTION PLAN

Managing occasional stress during times of uncertainty can be difficult to control. Occasional stress has the potential to interfere with the enjoyment of life and even the ability to perform your ordinary daily activities.

## CAUSE OF YOUR STRESS

## OUR PLAN & EXPECTATIONS



MEDICATIONS & SUPPLEMENTS/TIME OF DAY:

ADDITIONAL INSTRUCTIONS/TAKE AS NEEDED:

## TOP 3 OUTCOMES/GOALS

- 1
- 2
- 3

## ADDITIONAL NOTES

RESOURCES & SUPPORT LINKS

[Stress and Coping  
Center for Disease Control](#)

[National Alliance of  
Mental Illness Helpline](#)

[Manage Stress  
US Department of Health](#)

[Resources to Recover](#)

[Mental Health America](#)