

## **APRIL: STRESS AWARENESS MONTH**

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{\*\*ON CAM\*\*}

ARE YOU DOING A GOOD JOB MANAGING YOUR STRESS?  
APRIL IS STRESS AWARENESS MONTH - A GOOD TIME TO CONSIDER WHAT  
YOU CAN DO TO LESSEN THE NEGATIVE EFFECTS OF STRESS IN YOUR LIFE.

{\*\*TAKE VO\*\*}

INTERNAL MEDICINE DOCTOR CAROL NWELUE (UH-WAY-LUH-WAY) NOTES  
NOT ALL STRESS IS BAD ... IN FACT ... APPROPRIATE LEVELS OF STRESS CAN  
BE HELPFUL.

BUT PROBLEMS OCCUR WHEN STRESS BECOMES CHRONIC.  
WHEN YOUR BODY HAS TO COPE WITH A CONSTANT FLOOD OF STRESS  
HORMONES ... HEALTH PROBLEMS CAN START TO CREEP IN.  
DOCTOR NWELUE (UH-WAY-LUH-WAY) SAYS SYMPTOMS OF CHRONIC STRESS  
CAN BE MILD TO SEVERE.

{\*\*TAKE SOT\*\*}

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TRT: 17

So, if you're starting to see symptoms like headaches, difficulty concentrating, difficulty sleeping, heart racing, not being as involved as you normally are in things. Nausea, vomiting abdominal pain, those are signs that your stress is getting too high.

{\*\*ON CAM\*\*}

DOCTOR NWELUE (UH-WAY-LUH-WAY) SAYS IF YOU'RE WONDERING WHETHER  
YOUR STRESS LEVELS ARE NORMAL ... TAKE A LOOK AT YOUR COPING  
MECHANISMS.

SMOKING .... DRUG USE ... AND EXCESSIVE ALCOHOL USE ARE SIGNS YOU  
MAY NEED HELP MANAGING YOUR STRESS.