



# Outreach of the Month:



## Information for Your Patients

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Gaps in care Outreach  
Topic: Stress Awareness

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Stress can be debilitating, and it can cause and /or aggravate health problems. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being.

### *ACUTE STRESS*

Acute stress is usually brief. It is the most common and frequent. Acute stress is most often caused by reactive thinking. Negative thoughts predominate situations or events that have recently occurred or are upcoming.

### *CHRONIC STRESS*

Chronic stress is the most harmful type of stress. If chronic stress is left untreated over a long period of time, it can significantly damage your physical health and deteriorate your mental health.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

- Recognize when you don't have control, and let it go.
- Don't get anxious about situations that you cannot change.
- Focus your mind on something that makes you feel calm and in control.

\*Contact your UOP PCP today\*

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