

# Stress Management

Our lives are filled with stress at work, home, with relationships and health concerns. Stress can cause many symptoms in our bodies whether they show up physically or emotionally.

Symptoms include fear, shock, anger, sadness, worry, numbness, or frustration. We can experience changes in appetite, energy, desires, and interests. We may have difficulty sleeping or have nightmares, trouble concentrating or making decisions. Physical reactions, such as headaches, body pains, stomach problems, and skin rashes are also common. Some have worsening chronic health problems, mental health conditions or increase use of tobacco, alcohol, and other substances.

It's important to know some healthy ways to cope with stress to reduce these symptoms. It's important to take breaks from watching the news or being on social media. You should take care of yourself with eating healthy foods, getting enough exercise and getting plenty of sleep. Find time to unwind and do things you enjoy.

Talking to friends, family and coworkers can help you vent frustrations, see different perspectives and even laugh. Try to avoid using drugs or alcohol to help you cope, these tend to only make problems worse or create other problems.

It's also important to realize when you need more help. If you need a third party to talk to behavioral health providers are a great way to discuss problems, find different ways to solve issues and cope with anxiety and stress.

Your employer provides resources through the Employee Assistance Program (1-888-319-7819) and you can also reach out to the clinic for resources or referrals.



**Ozaukee County Employer  
Clinic located inside Aurora  
Port Washington Clinic  
1475 W. Grand Ave**

Elizabeth Merry, FNP-BC • Nurse Practitioner

## Clinic Hours of Operation

Monday 9am-5pm

Tuesday & Thursday 9am-3pm

Wednesday 7:30am-5pm

Friday 9am-4:30pm

**Call us to make an in person or virtual appt at:**

**262-268-6610 or 262-268-6603**

Please note, standard Aurora COVID-19 protocols are in place.

 **Aurora Health Care**

We are   AdvocateAuroraHealth

**Who can be seen?** Health Plan participants over 2 years old may use the County Employee Health Center