



# HEALTH & WELLNESS NEWS

## Stress and your health

April is recognized as National Stress Awareness Month to bring attention to the impact of stress on your health. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being, as well as minimize the effects of health-related issues.



### What is stress?

To de-bunk a myth, stress isn't always a bad thing. Without the ability to feel stress, humankind wouldn't have survived. Stress is the physical response that we feel when our body thinks it is under attack. Have you heard of "fight or flight?" That is stress. When something happens our bodies release a mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical actions.

### What do you feel when stressed?

When you are stressed you may experience your heart pounding, fast breathing sensations and maybe even a boost of energy. All of this allows us to focus our attention so we can quickly respond to the situation.

Sometimes stressful events can play a role in our day-to-day life as well. These events could include disbelief; feelings of fear, shock, anger, sadness; changes in appetite, difficulty sleeping or concentrating; or physical reactions such as headaches, body pains, stomach problems, worsening of chronic health problems, worsening of mental health conditions, and increased use of tobacco, alcohol and other substances.

While stress is not necessarily a bad thing, all of these symptoms can contribute to your overall health, which is why it is important to understand how to manage your stress.

### Tips for coping with stress

- Take breaks from watching, reading or listening to news stories.
- Take care of yourself: Eat healthy, exercise, get plenty of sleep, give yourself a break.
- Take care of your body: Deep breathing or meditation, try to eat healthy and well-balanced meals, exercise regularly, get plenty of sleep, avoid excessive alcohol, tobacco and substance abuse.
- Continue with routine preventive measures as recommended by your healthcare provider.
- Make time to unwind: Do an activity that you enjoy.
- Talk to others.
- Connect with your community.

### When to see a doctor

When the symptoms don't go away, it is important to know that you have the support of your provider. If any of the symptoms continue despite removing the stressors, you should contact your primary care provider or mental health provider.



**It's never too late to heal from addiction.**

**Have a courageous spirit. Reach out now, for you and your children.**



## World Health Day — April 7

April 7 of each year marks the celebration of World Health Day. From the first health assembly in 1948, and since taking effect in 1950, this celebration aims to create awareness of a specific health theme to highlight a prior area of concern for the World Health Organization.

Throughout the years, this has brought forward important health issues such as mental health, maternal and child care, and climate change.

### What is this year's theme?

This year's theme brings forward an important topic: 'My health, my right.' Around the world, the right to health of millions is threatened. Diseases and disasters are large causes of death and disability. Conflicts are creating damaged lives, and causing death, pain, hunger and psychological distress. At least 140 countries recognize health as a human right in their constitution, yet countries are not passing and putting into practice laws to ensure their populations are entitled to access health services.

### Why was this theme chosen?

This year's theme was chosen to champion the right of every person, everywhere, to have access to quality health services, education and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination.

### What are your rights as a patient?

- Respectful interactions: You should be treated with respect at all times.
- Privacy: As required by the Health Insurance Portability and Accountability Act, you have the right to have your personal health information kept private. You also have the right to obtain your own medical records.
- Autonomy: You should have the final say in decision-making and choosing the treatment that seems best for you.
- Informed consent: You are entitled to information from healthcare providers related to treatments, including the risks.
- Self-advocacy: Understanding your rights as a patient is one method of self-advocacy.

### Choosing your healthcare professional

It is essential that you find the right healthcare provider for you and establishing care. Ensuring a good fit may help you feel more confident about the care you are receiving. It's important to find a provider who treats you with respect, listens to you, and adequately addresses your concerns. It might matter to you that a provider collaborates and seeks to understand you from a holistic perspective (as a complete person) and how your challenges are impacting your life.

## Massage at Health & Wellness

Hi, my name is Shawna Ray. I have been a licensed massage therapist in the Yamhill and Polk county area for eight years. I will be at the Health & Wellness Center on Mondays providing massage therapy as an on-site contractor and I am contracted with Shasta.

Contact 971-241-4323 by text or voice message to schedule appointments. Co-pay still may apply. I'm looking forward to working with those in the community to deliver a holistic approach to pain management, relaxation and overall wellness. ■