

Small Changes for Health 2006



Week 7

We all have stress in our lives, and stress affects each of us differently. Recent studies have linked stress to the following negative health problems: high blood pressure, heart attacks, heart disease, peptic ulcer disease, migraine headaches, alcoholism, depression, and weight gain. In addition to these serious health problems, stress can make you feel anxious, uptight, and angry. Learning to identify and manage the stressors in your life can increase your energy, give you peace of mind and improve your overall health. So don't let stress control your life, take control of the stress in your life. This week's small change focuses on using relaxation to help you cope with the stress you encounter daily.

Your Small Change: For this week, make sure that you take a 15 minute break everyday. Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

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Follow-Up: Week 7

Your Small Change: For this week, make sure that you take a 15 minute break everyday

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

