Stress


Also called: Psychological stress

We all have stress sometimes. For some people, it happens before having to speak in public. For other people, it might be before a first date. What causes stress for you may not be stressful for someone else. Sometimes stress is helpful - it can encourage you to meet a deadline or get things done. But long-term stress can increase the risk of diseases like depression, heart disease and a variety of other problems. A stress-related illness called post-traumatic stress disorder (PTSD) develops after an event like war, physical or sexual assault, or a natural disaster.

If you have chronic stress, the best way to deal with it is to take care of the underlying problem. Counseling can help you find ways to relax and calm down. Medicines may also help.

Start Here

  
  Interactive Tutorial (Patient Education Institute)
  
  

Overviews

  
  Also available in Spanish [http://www.apa.org/centrodeapoyo/tipos.aspx]
- Manage Stress [http://www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress], Easy-to-Read (Office of Disease Prevention and Health Promotion)
- Stress Management [http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp] (American Heart Association)
- Stress: Constant Stress Puts Your Health at Risk [http://www.mayoclinic.com/print/stress/SR00001/METHOD=print] (Mayo Foundation for Medical Education and Research)

Latest News

**Diagnosis/Symptoms**


**Alternative Therapy**


**Coping**

  Also available in Spanish [http://www.apa.org/centrodeapoyo/tiempos.aspx](http://www.apa.org/centrodeapoyo/tiempos.aspx)
- Social Support: Tap This Tool to Reduce Stress [http://www.mayoclinic.com/print/social-support/SR00033/METHOD=print](http://www.mayoclinic.com/print/social-support/SR00033/METHOD=print) (Mayo Foundation for Medical Education and Research)
  Also available in Spanish [http://www.ncfh.org/pdfs/BilingualEd/PDF22.pdf](http://www.ncfh.org/pdfs/BilingualEd/PDF22.pdf)

**Disease Management**

- Live Your Life Well [http://www.mentalhealthamerica.net/go/live-your-life-well/ways](http://www.mentalhealthamerica.net/go/live-your-life-well/ways) (Mental Health America)

**Specific Conditions**

Related Issues

- Adjustment Disorders [http://www.mayoclinic.com/print/adjustment-disorders/DS00584/DSECTION=all&METHOD=print] (Mayo Foundation for Medical Education and Research)
- Improve Your Supervisor Relationship and Reduce Stress [http://www.mayoclinic.com/print/stress/WL00049/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Also available in Spanish [http://www.apa.org/centrodeapoyo/estres.aspx]

Health Check Tools


Tutorials


Clinical Trials

- ClinicalTrials.gov: Stress, Psychological [http://clinicaltrials.gov/search/open/condition=%22Stress, +Psychological%22] NIH (National Institutes of Health)

Research


Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
- Mental Health Treatment Program Locator [http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)
- Psychologist Locator [http://locator.apa.org/] (American Psychological Association)

Organizations
- National Institute for Occupational Safety and Health [http://www.cdc.gov/niosh/]
  Also available in Spanish [http://www.cdc.gov/spanish/niosh/]

Statistics

MedlinePlus Magazine

Children
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/stress_esp.html]
- Feelin’ Frazzled...? [http://www.cdc.gov/bam/life/frazzled.html] (Centers for Disease Control and Prevention)

Teenagers
- Feeling Stressed [http://www.girlshealth.gov/feelings/stressed/index.html] (Department of Health and Human Services, Office on Women's Health)

Women
  Also available in Spanish [http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/hojas-datos/estres-su-salud.pdf]
Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000932.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/003211.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001942.htm]

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The primary NIH organization for research on Stress is the National Institute of Mental Health [http://www.nimh.nih.gov/]


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