APRIL: STRESS AWARENESS MONTH
Carol Nwelue, MD, Internal Medicine, Baylor Scott & White Health

{**ON CAM**}
ARE YOU DOING A GOOD JOB MANAGING YOUR STRESS?
APRIL IS STRESS AWARENESS MONTH - A GOOD TIME TO CONSIDER WHAT
YOU CAN DO TO LESSEN THE NEGATIVE EFFECTS OF STRESS IN YOUR LIFE.

{**TAKE VO**}
INTERNAL MEDICINE DOCTOR CAROL NWELUE (UH-WAY-LUH-WAY) NOTES
NOT ALL STRESS IS BAD … IN FACT … APPROPRIATE LEVELS OF STRESS CAN
BE HELPFUL.

BUT PROBLEMS OCCUR WHEN STRESS BECOMES CHRONIC.
WHEN YOUR BODY HAS TO COPE WITH A CONSTANT FLOOD OF STRESS
HORMONES … HEALTH PROBLEMS CAN START TO CREEP IN.
DOCTOR NWELUE (UH-WAY-LUH-WAY) SAYS SYMPTOMS OF CHRONIC STRESS
CAN BE MILD TO SEVERE.

{**TAKE SOT**}
Carol Nwelue, MD
Baylor Scott & White Health

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So, if you’re starting to see symptoms like headaches, difficulty concentrating, difficulty
sleeping, heart racing, not being as involved as you normally are in things. Nausea,
vomiting abdominal pain, those are signs that your stress is getting too high.

{**ON CAM**}
DOCTOR NWELUE (UH-WAY-LUH-WAY) SAYS IF YOU’RE WONDERING WHETHER
YOUR STRESS LEVELS ARE NORMAL … TAKE A LOOK AT YOUR COPING
MECHANISMS.

SMOKING …. DRUG USE … AND EXCESSIVE ALCOHOL USE ARE SIGNS YOU
MAY NEED HELP MANAGING YOUR STRESS.