



Dr. Tracy's Counseling Services

20 years of experience

Q: I am very stressed at work and home and cannot seem to get a handle on it. Is there something that I can do to make it better?

A: Yes! Stress is manageable under certain circumstances. However, not everyone is affected by stress in the same way. Stress can come from any event that makes you feel frustrated, nervous or angry. Many people feel stress symptoms in their body. Symptoms can include headaches and stomach aches. Symptoms can also include diarrhea and dry mouth.

When you are stressed, you may be irritable or cry easily. You may have a hard time focusing and feel tired most of the time. You may also lose your desire for sexual activity. It can also cause sleep problems.

What relieves stress is not the same for everyone. Making lifestyle changes is the best start.

You need to eat a well-balanced diet and do not skip meals. It is very important to get some sort of exercise. This could be a 15 minute walk every day. Also, it is important to limit caffeine and alcohol. Finding fun activities usually helps everyone with stress. You can learn yoga, tai chi or meditation that can help you relax.

Take breaks from work. Make sure to balance fun activities with your job and family. Schedule leisure time daily. Try to think about what is causing your stress. Keep a journal or a daily log to narrow down when the feelings or physical symptoms occur.

It will help to find someone who will listen to you who you can trust. This could be a family member, a friend or a pastor. Talking about things is often all you need to feel better. It may be necessary to contact your family doctor if the physical symptoms progress or seem unusual. If the stress becomes unmanageable, you may need to contact a professional counselor.

Specializing in the treatment of:

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Trauma and Grief ~ General Coping Issues

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