

## Did You Know...

A stressor is any stimulus that produces a stress response in the body.

Common stressors include:

- Not enough sleep
- Bad diet
- Increased work hours
- Injury or illness
- Family
- Economy
- Work conditions

Signs of too much stress:

- Inability to concentrate
- Chronic colds or sickness
- Head and body aches
- Changes in mood or appetite
- Trouble sleeping or staying awake
- Depression or mental health problems

What it causes:

- Memory problems
- Critical mistakes
- Perform tasks out of order
- Disease:
  - Hypertension
  - Rheumatoid Arthritis
  - Gastritis
  - Migraine Headaches
  - Ulcerative Colitis
  - Anxiety
  - Irritable Bowel Syndrome
  - Depression

## Good Stress

Not all stress is bad, in fact, some stress is necessary to stay healthy.

The 1<sup>st</sup> stage of stress is the “Fight-or-Flight” response.

Good stress, or “eustress” can provide:

- A burst of energy
- Motivation
- Boost memory
- Fortify immune system
- Promote feelings of fulfillment

## Ask For Help

Consider asking for help if your stress is:

- Preventing a happy and emotionally rewarding life
- Persistent
- Causing physical symptoms
- Worsening chronic conditions
- Pushing you towards misuse or abuse of alcohol or drugs

If you identify with any of the above, contact your physician, health provider or clergy, or visit the nearest hospital, emergency room or clinic.

**For more information, please visit the IDPH Farm Progress Show website at: [www.idph.state.ia.us/LPP/OHSSP.aspx](http://www.idph.state.ia.us/LPP/OHSSP.aspx)**



# Stress and Agriculture

Iowa Department of Public Health  
Occupational Health & Safety  
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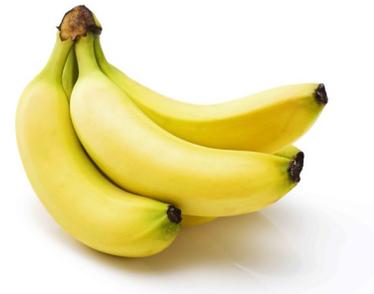
## Stress Relievers

Stress cannot be totally eliminated, but it can be **minimized** and **controlled**.

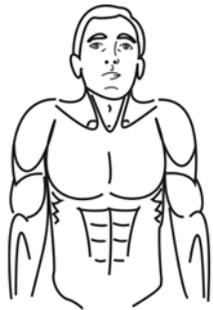
**Sleep is key!** A good night's sleep of 7-8 hours can help reset the mind and refresh the body, reducing fatigue and relieving stress.

**You are what you eat!** A well balanced diet is important to stay healthy and reduce stress side effects on the body. Some foods that help to reduce stress include:

- Avocados
- Bananas
- Asparagus
- Herbal Tea
- Nuts (almonds, pistachios, walnuts)
- Milk (Low or nonfat)
- Orange Juice
- Salmon
- Tuna
- Swiss Chard
- Beef
- Dark Chocolate
- Turkey
- Cottage Cheese
- Carrots



**Be active!** Stretching restores blood flow and reduces stress that builds up in the lower back, neck and shoulders.



Shrug shoulders towards ears. Allow arms to hang loosely at sides. Hold 5-10 seconds then relax. Repeat 5-10 times.



Place one arm behind back at waist level. Bend head forward, drop chin toward chest until stretch point is felt. If no stretch point is felt, reach other arm behind head and pull gently down until stretch point is felt.



Sit and lean forward, supporting upper body with hands, until stretch point is felt in lower back muscles. Hold the stretch point until it releases.

### **Stop and smell the roses!**

Proper breathing helps with circulation and can lower heart rate therefore, relieving stress. Take a minute to close your eyes and focus on your breathing.

Inhale through your nose and exhale through your mouth. Repeat 10 times for a set and do

3 sets.