



Is Your Body Reacting to Too Much Stress?

Is there such a thing as “good stress”? Although “stress” is usually a negative term, positive stress, or “eustress,” is what you feel when you get a new challenge – it actually can be a great motivator. “Distress,” meanwhile, is the constant feeling of being challenged or overwhelmed without any relief.

Problems can arise once eustress crosses into distress. If you’re feeling any of the symptoms listed here, talk to your doctor, although distress can cause issues not listed, too.

Horizon Blue Cross Blue Shield of New Jersey gives you the information you need to help you manage your health.

Emotional:

- Avoiding others
- Feelings of depression, such as loneliness and worthlessness, or low self-esteem

- Feeling overwhelmed or easily agitated, frustrated and moody
- Having trouble relaxing

Physical:

- Chest pain and rapid heartbeat
- Dry mouth, difficulty swallowing, clenched jaw and grinding teeth
- Frequent colds and infections
- Headaches, upset stomach, aches, pains and tense muscles

- Insomnia
- Low energy or loss of sexual desire and/or ability
- Nervousness and shaking, ringing in the ear, cold or sweaty hands and feet

Cognitive:

- Being pessimistic or seeing only the negative side
- Constant worrying, racing thoughts and an inability to focus



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: MentalHelp.net, WebMD®

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