



How Pine Rest Can Help

If you or a loved one are experiencing stress that is interfering with the quality of life, relationships, productivity, etc., consider getting help. Pine Rest’s highly trained clinicians can help you explore the reasons behind your stress, learn new strategies for dealing with your feelings and provide a safe place to practice your new skills.

We provide treatment at all levels of care in safe and secure environments. Our hospitalization services include inpatient for a crisis, intensive daily programs where patients can return home in the evenings, and same-day, walk-in psychiatric urgent care for assessments. Our outpatient network provides therapy, medication management, and services to support patients as they transition from hospital services to outpatient. Many services are available via telehealth.



Stress and teens

Adults and teens experience similar amounts of stress. The difference is that teens do not have the skills acquired through time or the resources that adults do for managing their stress. This sets the stage for unhealthy behaviors and lifestyle choices that could increase the risk of developing stress-related health problems down the road.

Some ways parents can help teens learn to manage their stress:

- Provide a safe space for kids to vent. Listen rather than problem solve or pass judgement.
- Talk openly about your own stress, feelings and how you manage stress.
- Encourage your child to use healthy stress management tools.
- Help your child to find a balance between life’s demands and prioritizing their emotional health and well-being.

For help, please call
866.852.4001

Services

Outpatient & Telehealth

Assessments, psychiatry, individual and family therapy. All ages.

Psychiatric Urgent Care

Open daily for walk-in assessments. Adults only. Telehealth appointments available.

Crisis Services

If you or a loved one are in crisis, our licensed clinicians are available 24/7 to discuss your situation and determine the appropriate level of treatment. All ages.

Scan to Learn More...

About managing stress and our services, or visit pinerest.org/stress.



UNDERSTANDING Stress





Stress affects your health

Long-term and chronic stress can lead to serious health problems, affecting nearly every system in your body. Too much stress has been associated with exhaustion, anxiety disorders, depression, headaches, asthma, skin rashes, cardiovascular disease, gastrointestinal issues and cancers. Stress can even prematurely age us.



12 warning signs of too much stress

- Chest pain, rapid heartbeat
- Nausea, dizziness
- Diarrhea or constipation
- Using alcohol or drugs to relax and “unwind”
- Eating too much or not enough
- Procrastinating or neglecting responsibilities
- Worrying incessantly
- Feeling overwhelmed
- Unable to concentrate
- Anxious or racing thoughts
- Agitation, inability to relax
- Irritability, moodiness

Healthy stress management tools

No matter what is stressing you out, the good news is there are many healthy options for alleviating your stress and bringing a sense of balance back to your life. Here are just a few.

- Get enough sleep. If you have trouble sleeping, cut back on caffeine and evening screen time.
- Move your body every day.
- Try meditative activities like yoga or tai chi.
- Get outdoors and tune into your senses.
- Take time to relax and enjoy life even when you’re busy.
- Be careful not to overschedule yourself.
- Reach out to friends who you feel safe confiding in.
- Ask for help when you need it.
- Take care of any health conditions.
- Eat a nutritious diet.



The Importance of Emotional Support

Having a strong social network of family, friends, neighbors and/or coworkers helps you cope with life’s stressors. Your network doesn’t need to be large for you to benefit—it’s the quality of the connections that matter most.



Be mindful that different people in your life can support you in different ways, and it doesn’t have to take much. Sometimes just sharing your worries with someone you trust can serve as a relief and help you cope.

If you are experiencing a stressful time and don’t have anyone you can feel safe with, reach out to a mental health professional for help.

Stress is a balancing act

Your body responds to stress as if you are in danger. It produces hormones that increase your heart rate, make you breathe faster and give you a burst of energy. It’s your body’s way of protecting you. Some amount of stress helps you stay focused and alert, it can be energizing and motivating, and, in an emergency, it can save your life.

However, too much stress can negatively impact your mood, productivity, relationships with family and friends, health and your ability to enjoy life.

