

Member Newsletter

April is Stress Awareness Month



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Go To CCPcares.org

Call Us At
1-866-899-4828

Community Care Plan values your care. If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email ynoel@CCPcares.org.

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The Good, the Bad and the Ugly Facts About Stress

Young or old, stress, is something we can all probably relate to. And stress is never good for you, right? Well, that's not always true. Sometimes a little stress can be a good thing. For one, a little stress can be motivating. Such as when a child has homework due, a little stress can give them the push to get it done. Or when faced with real, not imagined danger, stress can help you stay safe. But too much stress can be bad for your overall health.

What are some of the ways that stress, or anxiety, can be bad for your health? Below are just some of the health conditions that have been linked to chronic stress, and not just in adults, but kids too:

- Diabetes
- High Blood Pressure
- Heart Disease
- Trouble Sleeping (insomnia)
- Depression and/or anxiety

Although stress affects all genders, below are some other conditions that seem to happen more in women:

- Headaches/Migraines
- Upset stomach
- Obesity
- Problems getting pregnant

One rarely gets through life without a little stress. So, what are some ways that you can lessen how stress affects your health?

- Try meditation or deep breathing exercises
- Get enough sleep: Adults need 7-9 hours every night
- Eat a healthy diet that includes fruits, veggies, and grains. Try to limit sugary snacks and caffeine.
- Physical activity: At least 30 minutes most days of the week. It's good for your heart too.
- Talk with your family or friends.
- Volunteer in your neighborhood. Sometimes just helping others, helps us.

If none of those work for you, please talk with your health care provider. Your doctor can help. If you need help finding a provider or have questions about your benefits, Community Care Plan can help. Call our Customer Experience team at 1-866-899-4828

Sources: Womenshealth.gov » [Stress and your health](#) | NIMH » [5 Things You Should Know About Stress \(nih.gov\)](#)





Handling Stress When You're Expecting

Pregnancy is usually an exciting and happy time. But it can also be a time of stress too. Whether you are a first-time mom or have other children, you might ask if stress will affect your baby. The usual stress that most of us deal with, like juggling work and kids is not likely to cause your baby any harm. And as talked about on page one, not all stress is bad for you.

Here are some usual pregnancy stresses:

- Hormone changes, which can affect your mood.
- Pregnancy discomfort, such as trouble sleeping, body aches, and feeling tired.
- Worrying about how the things you eat, drink, or do affects your baby.
- Fears about the birth itself, being a new mom, or bringing a new baby into the family.

These types of stress are not likely to harm your growing baby. However, too much, or some types of stress can raise your blood pressure. High blood pressure in pregnancy has been linked to babies being born too early. Even if they are full-term, they may be too small. Stress, anxiety or depression during pregnancy can also affect bonding with your baby after birth.

What are some things that you can do to lower stress?

Like the ideas on page one, you can also try:

- Joining a mom's support group.
- Practicing self-care: Make time for you. Read, listen to music, or watch a favorite TV show. Do something you enjoy.

However, March of Dimes recommends that you talk with your doctor, midwife, or doula if you have stress from any of the following:

- Divorce, death, moving homes, or job loss.
- Disasters, such as hurricanes.
- Abuse, homelessness, lack of food, or neighborhood crime.
- Racism. There is a reason why black women are more likely than other women to have a baby born too early.
- Depression or anxiety that does not get better.

Your doctor, midwife, or doula may be able to give you resources to help. Community Care Plan's Birth, Baby and Beyond program has a team of nurses that are here for you and your baby every step of the way. To let us know you are pregnant or get help, call us today at 1-866-899-4828.

Resources:

- [MarchofDimes.org](https://www.marchofdimes.org) » [Stress and Pregnancy](#)
- [National Child & Maternal Health Education Program](#) » [Moms-to-be and Moms](#)

