

# Stress vs. Your Health, Vitality and Longevity



Emotional and physical stress are much more of a concern to you, your family, and your co-worker's health and wellness than you think!

1. According to doctors, 'stress' is now the #1 killer in this country.
2. Studies have shown that 'stress' is the direct or indirect cause of over 80% of all doctor visits and hospital admissions.
3. More than half of all US adults report that they suffer adverse health effects due to stress and 66% sought help for stress related issues.
3. Companies report that the number of people who called in sick due to stress has tripled in the past four years. Employee 'depression' (which is a stress reaction) is now predicted to be the leading occupational disease of the 21st century, and is already responsible for more lost days than any other cause.
5. A recent government report indicated that employees who are stressed have 46% higher health costs, costing an average of \$600 more per person
6. And national studies report that 88% of all working Americans are experiencing stress on the job, and over half of those need help managing it.



Distress is the common reaction to too much stress in our lives. It comes when our mind and body have difficulty coping with all of life's demands and pressures. This can be an isolated or combination of issues, that can go on for too long or come from several directions at the same time. When this occurs, our mind and body can be severely impacted.

Sound familiar? You are not alone.

## **Hormonal Response:**

Stress causes hormone changes in your body. High exposure to stress can cause excess cortisol to be released. It increases epinephrine, nor-epinephrine (adrenaline, noradrenaline) and increases cortisol levels. Cortisol, secreted by our adrenal glands, is necessary for almost all our body parts to function.

## **Mental Response:**

Increased cortisol can lead to depression and excess eating which can increase body weight and obesity. Stress also impacts our clarity of thinking and good decision making decreases, affecting quality of life and weakening our personal control and confidence.

## **Physical Response:**

Too much or too little cortisol can also lead to disease. Increased cortisol can lower your immune system and lead to 'aging' conditions such as frailty, functional decline, cardiovascular disease, osteoporosis, inflammatory arthritis, Type 2 diabetes, certain cancers, and even liver disease.

**Don't Let Stress Affect your Quality of Life**



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## Don't Let Stress Affect your Quality of Life

Sometimes you need an expert to help you objectively understand your stress issues. From the convenience and privacy of your own home or office, and in about 15 minutes, you can find out about your unique and personal stress levels, and how to stay within a healthy range using the online Stress Solution Tool.

The medically-based and user-friendly Stress Solution Tool (SST) helps pinpoint your personal stress challenges and directs you to mobilize your resources to live the healthiest, most vital life possible.

Based on your unique response to stress, your personal and easy to read report gives immediate action steps and a wealth of information that is right for you.

This comprehensive online tool was developed at a leading medical school by renowned stress experts. The SST has over 25 years of scientific research and 500,000 users behind it. And it is simple to use.

Based on the most comprehensive medical stress model available, you can be confident that over 85% of all the stress categories that can be measured and managed are included in your own personal assessment.

### The SST will help you identify:

#### 1. Your Susceptibility to Stress

You will learn what the 21 main coping behaviors are to stay resilient in the face of life's stress and which ones to personally focus on.

#### 2. Your Symptoms of Stress

You will learn which systems of your mind and body are experiencing moderate to high levels of stress. This is essential self knowledge because sometimes we are not aware of stress's impact even though 8 out of 10 doctor visits are stress related.

#### 3. Your Sources of Stress

You will learn which of the six major sources of life stress are impacting you most. And you will receive immediate feedback and information on how to act on your most critical stress issues, along with an action planning process to help you succeed.

**BONUS Support:** You will also receive *Vital Times* at no additional cost, a monthly online newsletter that provides insights and the latest information to support your health, vitality and longevity.



The Stress Solution Tool is now available online for just \$29.50  
(comparable to a \$79.50 in-office evaluation)

Simply visit: [www.VitalLifeDynamics.com](http://www.VitalLifeDynamics.com)  
click on 'Stress Solution Tool' under 'For Individuals'

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