



CHRONIC STRESS: 5 THINGS STATE OF IOWA EMPLOYEES NEED TO KNOW

We wear stress like a badge of honor. “I’m so stressed” is often shorthand for the challenges of juggling work, home and personal life, and it’s viewed admirably. But long-term stress might not just cause you to lose sleep; it can also be detrimental to your health. Here’s what State of Iowa employees need to know.

1. A little stress can be good.

Occasional stress is not a bad thing. When presented with a challenge, stress motivates you to perform well, whether you are studying for a test, giving a speech or running a race.

2. But a lot of stress is not.

Stress that lasts for a long time doesn’t just exhaust you mentally. It also causes changes in your brain and body that can lead to serious health problems.

3. Constant stress puts you in fight-or-flight mode.

In times of short-term stress, your body’s fight-or-flight response temporarily kicks in, helping you focus on the task at hand. But when stress is long term, your body becomes flooded with stress hormones, and it can’t turn off the fight-or-flight response. This can trigger hard-to-treat chronic health conditions like depression and anxiety.¹

4. In times of stress, check in with yourself and others.

Many common life situations (or not-so-common, like the COVID-19 pandemic) can lead to periods of long-term stress. During those times, take extra care of yourself. Eat well, stay hydrated and exercise regularly. Get enough [sleep](#). Take time to [relax](#). And, find someone you can talk to, like the caring providers at Doctor On Demand.

5. Use your benefits to access safe, affordable care.

With Doctor On Demand, covered State of Iowa members can get confidential talk therapy and prescriptions* on a smartphone or tablet, all from the comfort of home. And, now through June 16, 2020, to help you and your loved ones stay safe during the COVID-19 pandemic and reduce your risk for exposure, all virtual visits with Doctor On Demand and other providers are available at no cost to you. After June 16, Doctor On Demand visits are still only \$10 for most State of Iowa employees.

IT’S OKAY TO NOT FEEL OKAY. DOCTOR ON DEMAND CAN HELP.

Visit [DoctorOnDemand.com](https://www.doctorondemand.com) to register for the service, take a short mental health assessment and schedule your no-cost, confidential appointment.

SCHEDULE YOUR \$0 APPOINTMENT TODAY

DoctorOnDemand.com

WHAT CAUSES CHRONIC STRESS?

CHRONIC STRESS CAN BE BROUGHT ON BY COMMON LIFE EVENTS, INCLUDING:

- RELATIONSHIP PROBLEMS
- JOB WORRIES
- FINANCIAL TROUBLES
- MAJOR LIFE CHANGES LIKE GETTING MARRIED, HAVING A BABY, MOVING OR RETIREMENT
- CHRONIC ILLNESS OR INJURY
- TAKING CARE OF A SICK/ELDERLY FAMILY MEMBER
- DEATH OF A LOVED ONE
- POLITICS/CURRENT EVENTS
- PERFECTIONISM

1. <https://www.psychiatrytimes.com/special-reports/introduction-inflammation-connection>

*Doctor On Demand physicians do not prescribe Scheduled I-IV DEA Controlled Substances and may elect not to treat or prescribe other medications based on what is clinically appropriate.

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注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

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