

Mayo Clinic Medical Edge

Stress Epidemic

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	THE PRESSURE'S BUILDING. YOUR DEADLINE'S APPROACHING, BUT THE PHONE IS RINGING, YOU HAVE EMAILS TO CHECK AND A MEETING THAT STARTS IN A HOUR. IT ALL SEEMS IMPOSSIBLE.
Edward Creagan, M.D.	"THE GREATEST THREAT TO HEALTH AND WELLNESS IN THE OPINION OF MANY EXPERTS IS NOT OBESITY, IT'S NOT THE BIRD FLU, BUT IT'S STRESS AND BURNOUT."
	MAYO CLINIC DR. EDWARD CREAGAN SAYS STRESS IS EVERYWHERE. AT WORK, AT

	<p>SCHOOL, ON THE ROAD, EVEN AT HOME. AND IF YOU DON'T GET TIME AWAY FROM THE STRESS OF EVERY DAY LIFE, YOUR MIND AND BODY CAN GET SICK. STRESS IS ASSOCIATED WITH HIGH BLOOD PRESSURE, HEART DISEASE, DEPRESSION AND MORE. SO WHAT CAN YOU DO ABOUT IT? PRIORITIZE.</p>
Dr. Creagan	<p>"MAKE LISTS AND DETERMINE WHAT'S IMPORTANT FOR ME AND MY FAMILY."</p>
	<p>ALSO, TRY TO EAT RIGHT, GET REGULAR EXERCISE, AND, IF YOU FIND YOURSELF STUCK IN A STRESSFUL MOMENT, FORCE YOURSELF TO TAKE A BREATHER.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
