



SARAH WIDENER, COMMUNITY WELLNESS DIRECTOR

Long term-stress can definitely lead to stroke. So, when we think of long-term stress, you may have some poor habits that creep in -- tobacco use; you may have increased alcohol use; insomnia; depression; high blood pressure; obesity; diabetes – which are all risk factors for stroke.

Your blood pressure may be elevated more consistently, and you may not know that unless you get it checked.

To manage long-term stress, number one I tell people make sure you're getting enough sleep and enough good sleep. It needs to be good, uninterrupted sleep throughout the night. Without good sleep it does mess up other processes in our body.

Also, get some exercise, which just get out and walk. High-intensity workout may be too much for your body; but a good, old-fashioned walk for a few minutes can really take some stress off.

The biggest thing is to talk to your medical provider. Understand what the risk factors are for stroke and what risk factors you have for stroke.

There are things that we can control and things that we can't control. I always say it's like a bucket. You know, little drips all throughout the year are eventually going to make that bucket overflow.

What is our stress level, where can we find relief, where can we ask for help, where can we get support, so that in the long run we're not having chronic health issues due to stress.