



Press Release
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Managing Stress for a Healthier Life

How Chronic Stress Affects the Body and Why Taking Action Matters

KNOX CITY, Texas (April 4, 2025) – Stress is a part of daily life, but when left unchecked, it can have serious consequences on physical and mental health. This Stress Awareness Month, Knox County Hospital District (KCHD) is encouraging individuals to recognize the impact of chronic stress and take proactive steps to manage it.

“Stress isn’t just about feeling overwhelmed—it directly affects your body in ways that can lead to long-term health problems,” said Chris Scott -FNP at the Munday Clinic. “We see patients struggling with conditions like high blood pressure, digestive issues, and sleep disturbances that are often linked to ongoing stress.”

Prolonged stress can elevate cortisol levels, weaken the immune system, and contribute to heart disease, obesity, and diabetes. It can also intensify anxiety and depression, making it harder to cope with daily challenges. Additionally, chronic stress can lead to muscle tension, headaches, and difficulty concentrating, which can affect both personal and professional life.

“Many people don’t realize how much their stress levels influence their overall health,” Scott continued. “By speaking with a medical provider, patients can develop personalized strategies to reduce stress and improve well-being.”

Ways to Reduce Stress and Improve Well-Being

Reducing stress doesn’t require drastic changes—small, daily habits can make a significant difference. Scott recommends these effective stress management techniques:

- **Regular Physical Activity:** Exercise releases endorphins that help reduce stress and improve mood. Activities such as walking, yoga, or swimming can be beneficial.
- **Healthy Sleep Patterns:** Establishing a consistent sleep routine supports mental clarity and reduces irritability. Avoiding screens before bed and maintaining a relaxing nighttime routine can improve sleep quality.
- **Mindfulness and Deep Breathing:** Practices such as meditation, deep breathing exercises, and progressive muscle relaxation help regulate stress responses and promote relaxation.
- **Balanced Nutrition:** A diet rich in fruits, vegetables, and lean proteins supports brain function and overall health. Limiting caffeine and sugar intake can also help prevent energy crashes and mood swings.
- **Seeking Social Support:** Talking to trusted friends, family, or a professional can ease emotional burdens and provide valuable perspective.

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- **Engaging in Enjoyable Activities:** Taking time for hobbies, reading, or creative pursuits can provide a mental break from daily stressors.
- **Setting Realistic Goals and Prioritizing Tasks:** Breaking tasks into manageable steps and setting realistic expectations can prevent feelings of being overwhelmed.

“Managing stress is not about eliminating every challenge in life—it’s about building resilience,” said Scott. “By incorporating stress management techniques, individuals can take charge of their health and improve their quality of life.”

Talk to Your Primary Care Clinician About Stress Management

Recognizing the need for stress management is an important first step, but seeking professional guidance can be a game changer.

“Healthcare practitioners can help individuals identify specific stress triggers and develop strategies to manage them effectively,” Scott explained. “Whether it’s through lifestyle changes, counseling, or medical support, having a tailored approach can make all the difference.”

Chronic stress can also contribute to unhealthy coping mechanisms such as overeating, smoking, or excessive alcohol consumption, which may further impact physical and mental well-being. Addressing stress early with the help of a healthcare provider can prevent these behaviors and promote healthier habits.

Scott encourages individuals to schedule an appointment with their local medical practitioner to discuss stress-related concerns and explore personalized solutions. Taking proactive steps now can lead to long-term improvements in health and overall quality of life.

For more information about managing stress and improving overall well-being, contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education and more. For additional information, please call 940-657-3535 or visit www.knoxfhospital.org.

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Knox County Hospital District

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