



# WOMEN'S HEALTH

## Keys To Coping During Stressful Times

(NAPSA)—Between corporate “downsizing” and the unsettled world situation, there are plenty of reasons to feel stressed. What’s more, it turns out that women are more susceptible to stress than we may realize.

According to a recent article in the *American Journal of Psychiatry*, women are up to four times as likely as men to experience symptoms of post-traumatic stress disorder. Many of these stresses play out in behavior (uncontrollable crying) while others have physical symptoms (skin breakouts, oversleeping, loss of appetite or overeating).

“These are all normal reactions,” says Dr. Suzanne Little, Ph.D., a psychologist at the Continuum Center for Health and Healing in New York and an expert in women’s issues. “The key to coping is to let these feelings play out, but not to let them dominate your life.”

Below, Dr. Little shares her tips for how to cope with stress:

- **Keep things in perspective.** While life right now may not be rosy, focus on the good things in your life.

- **Be informed.** Realize that what you are experiencing is temporary and try to find out the best ways to combat it. The Internet is a great place to start. There are some great Web sites that can provide more information on stress. Some good sites include [redcross.org](http://redcross.org), [mayoclinic.com](http://mayoclinic.com) and [www.olay.com](http://www.olay.com), which features in-depth information on stress and my tips for how to deal with it.



**In general, women have a greater reaction to stress.**

- **Don’t wait to get help if stress persists.** If you are having trouble going about your daily routine (trouble focusing at work, trouble sleeping, etc.) you may be suffering from an anxiety or depressive disorder and need some professional help.

- **Take time for yourself.** Don’t be afraid to take “me” time and don’t feel guilty about it! Something as simple as pampering yourself can really make a difference. Get a haircut, take an extra long shower and give yourself a cleansing body massage with a fragrant body wash, buy a new lipstick or give yourself a mini home facial.

- **Do something for others.** Bake cookies for friends, visit an elderly relative or help at a soup kitchen. Your problems may seem less important in the face of others who need help.

For more coping tips from Dr. Little, visit [www.olay.com](http://www.olay.com).