

Mental Health Insight

For Friends Interested In Behavioral Health

Managing Holiday Stress



What is stress?

Your body has been hard-wired to react to stressors. When you face a real or perceived threat (a.k.a. stressor), your body sounds an alarm, which releases adrenaline and cortisol, so you can react quickly to that threat. Adrenaline increases your heart rate, elevates your blood pressure and boosts energy supplies. Cortisol increases sugars in the bloodstream; alters immune system responses; and suppresses the digestive system, the reproductive system, and growth processes.

Although stress is one of the body's natural defense mechanisms, continued exposure to adrenaline and cortisol, puts you at risk for a variety of health issues. In addition, cortisol decreases brain derived neurotropic factor (BDNF), causing atrophy or shrinkage of neurons in the brain, which renders you more vulnerable to anxiety and depression.

Tips to Reduce Holiday Stress and Anxiety

The added stress of the holiday season - finding the perfect gift, paying the bills, coordinating menus, etc. - causes your body to frequently sound the alarm, releasing adrenaline and cortisol and increasing your chances of suffering from stress and anxiety. It's particularly important to be aware of stressors during this time and to avoid them whenever possible.

The Mayo Clinic offers the following tips for preventing holiday stress and depression:

1. Acknowledge your feelings.
2. Reach out.
3. Be realistic.
4. Set aside differences.
5. Stick to a budget.
6. Plan ahead.
7. Learn to say no.
8. Don't abandon healthy habits.
9. Take a breather.
10. Seek professional help if you need it.

This list was taken from an article - Stress, depression and the holidays: Tips for coping. To see the entire article, go to <http://www.mayoclinic.com/health/stress/MH00030>

Clinical Anxiety

Anxiety is a feeling of apprehension, excessive panic, restlessness or fear accompanied by physical symptoms such as sweating, rapid breathing or increased heart rate. Unlike stress, you may not know the cause of these feelings. If you find yourself dealing with anxiety that interferes with your daily activities or disrupts your relationships and enjoyment of life, you may be experiencing clinical anxiety.

Approximately 40 million American adults are affected by anxiety disorders each year. Unlike the relatively mild and brief anxiety caused by a stressful event, anxiety disorders last longer and can get worse if they are not treated.

Some anxiety disorders include panic attacks, phobias, obsessive-compulsive disorder, and generalized anxiety disorder. Whatever form of anxiety you have, lifestyle changes, counseling, medications, TMS Therapy - or a combination of these approaches - can help.

The role of TMS Therapy

Transcranial magnetic stimulation (TMS) Therapy - a proven FDA-cleared, non-medication depression treatment - has been shown to relieve anxiety symptoms in patients. Although it has not been approved specifically for the treatment of primary anxiety
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Current News

Lydia's Story of Overcoming Depression

TMS patient Lydia recently invited many of her friends to a celebration lunch. Yet, it was not her birthday or anniversary. It was to celebrate her success with TMS Therapy- she finally found a treatment that worked for her depression.

Click here to read about Lydia's journey.

www.tmsserenitycenter.com



Lydia - TMS Therapy Patient

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disorders, studies have shown its efficacy in the treatment of anxiety and other psychiatric disorders. TMS Therapy uses focused magnetic pulses to stimulate brain activity in the area of the brain and those connected within that are associated with mood. It is a non-invasive procedure that is administered on an outpatient basis at the TMS Serenity Center.

Click Here to learn more about our TMS Therapy Clinical Results.

We have treated patients since 2010 with over 3,000 treatments. Our expertise has resulted in an excellent track record, often surpassing patient expectations. Over 95% of patients complete their TMS treatment and real life clinical results prove about a 70- 75% positive outcome. We regularly administer TMS Therapy and would welcome a visit or a phone call to help you or someone you care about understand more about this important treatment option.

Meet our team

The TMS Serenity Center is Texas' largest provider of TMS Therapy. Under the direction of Dr. Kimberly Cress, we have been treating patients with Transcranial Magnetic Stimulation since April 2010. TMS therapy is one of the most technologically-advanced non-drug depression treatments. This non-invasive, outpatient therapy is FDA-cleared for treatment of Major Depression and has helped thousands of individuals who have not received adequate results or have experienced side effects from traditional antidepressant medications. Scientific literature also supports the use of TMS for the treatment of Anxiety Disorders, Bipolar Disorder, Chronic Pain Disorders and Migraine Headaches. Please call us if we can help.



Kimberly Cress, MD
Medical Director
Psychiatrist



Kelly Knickerbocker
Nurse Practitioner



Roxane Zotyka
Certified TMS Technician
& Patient Coordinator



Beth Landry
Certified TMS Technician
& Patient Coordinator

How we can help

Mental Illness affects over 20% of adults every year. We recognize the challenges of getting and staying well. We are always available for a consultation to see if TMS Therapy may help you.

Please call us at **(281) 240-4322** or visit us at;

www.tmsserenitycenter.com

Call Us if We Can Help!

Here's a brief list of our services:

- Transcranial Magnetic Stimulation
- Treatment of: Refractory Depression, Bipolar, OCD and Anxiety Disorders
- Psychopharmacology and Medication Management
- Adult ADHD Treatment
- Individual Therapy

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LOCATION: Our office is conveniently located in Sugar Land, two blocks off of highway 59.

HOURS: Monday - Friday: 8:00 AM - 5:00 PM
Extended hours available upon request



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