

# Additional reading about stress

## for ATSDR & Health Department staff

Use the resources below to learn about stress and community-wide stress interventions before using the ATSDR Stress Fact Sheet in a community setting.

### Learn about stress and how it can affect people's health

#### There are different types of stress

- The different kinds of stress: <http://www.apa.org/helpcenter/stress-kinds.aspx>
- Understanding chronic stress: <http://www.apa.org/helpcenter/understanding-chronic-stress.aspx>
- Stress: <https://medlineplus.gov/stress.html>

#### Stress can have various health effects

- Stress effects on the body <http://www.apa.org/helpcenter/stress-body.aspx>
- How stress affects your health: <http://www.apa.org/helpcenter/stress.aspx>
- Video: How stress affects your brain:  
<http://ed.ted.com/lessons/how-stress-affects-your-brain-madhumita-murgia>

#### There are warning signs of stress

- Listening to the warning signs of stress: <http://www.apa.org/helpcenter/stress-signs.aspx>

#### People can use stress management techniques to cope with or reduce stress

- Manage stress: [https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress#the-basics\\_1](https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/manage-stress#the-basics_1)

### Be aware of community-wide stress intervention resources

- The ATSDR stress fact sheet may be helpful for individual community members, but some communities may be interested in broader public health strategies for reducing stress.
- Evidence-based strategies for community-wide stress interventions are grounded in community disaster relief principles and community resilience theory.
  - Principles of disaster relief: *Disaster Theory – An Interdisciplinary Approach to Concepts and Causes*. (Book by David Etkin).
  - Community resilience: Community resilience as a metaphor, theory, set of capacities and strategy for disaster readiness. <https://www.ncbi.nlm.nih.gov/pubmed/18157631>
- The following reports provide a starting place for staff interested in learning about community-wide stress interventions related to environmental contamination. Such events are often called “Slow-Motion Technological Disasters” or “Chronic Technological Disasters” in the literature.
  - Community-Level Social Support Responses in a Slow-Motion Technological Disaster: The Case of Libby, Montana <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3779910/>
  - Public health strategies identified during ATSDR's 1995 Expert Panel on Psychological Responses to Hazardous Substances: [https://www.atsdr.cdc.gov/risk/prhs/panel3\\_results.html](https://www.atsdr.cdc.gov/risk/prhs/panel3_results.html)
- Dr. Pam Tucker (DTHHS) is available to discuss strategies ATSDR has used in the past to address community-wide stress (770.488.3458, [pgt0@cdc.gov](mailto:pgt0@cdc.gov)).
  - Slides from Dr. Tucker's June 2017 Topic in Environmental Health Exposure Investigation presentation, “Understanding and Responding to Community Stress: A Guide for Environmental Health Workers” are available on the [DCHI SharePoint site](#), or upon request.