

Health Check

MAY 2026

 **Kelsey-Seybold Clinic**
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Recognizing When Stress Is Affecting Your Health

Feeling occasionally overwhelmed is part of life, but stress that lingers can begin to affect your health in subtle ways. You may notice your energy feels lower, or you feel more irritable than usual. Some days, it can take more effort to get through routines that once felt manageable. When these shifts start to make daily responsibilities harder to handle, it may be a sign it's time to slow down and check in on how you're feeling.

Stress does not always show up the same way for everyone. For some people, it builds gradually over weeks or months. For others, it can feel constant, even when nothing specific seems to be wrong. Noticing changes early can help you take action before stress begins to affect your health more deeply.

Signs Stress or Mood Changes May Be Building

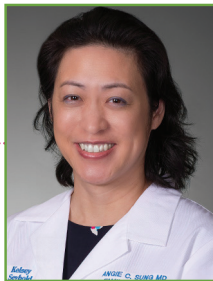
- Feeling tense or easily overwhelmed
- Trouble focusing or making decisions
- Changes in sleep or appetite
- Reduced interest in familiar activities
- Feeling sad or irritable
- Headaches or muscle tightness
- Difficulty staying on track with tasks

A primary care doctor can be a helpful place to start when these changes show up or begin to interfere with daily life. During a visit, your doctor can listen to what you're noticing and look for patterns over time. They can also check for medical or lifestyle factors that may be contributing, such as sleep habits, work demands, or physical symptoms that have changed.

Your doctor may offer practical strategies to help make daily life feel more manageable. This can include options for self-care or talking through how stress is affecting your day. Your doctor may also help identify small changes that could reduce ongoing mental strain. In some cases, they may review medications or suggest follow up timing. They may also recommend simple tools to help track symptoms between visits.

In some cases, your doctor may suggest following symptoms over time so you can better understand what helps and what does not.

Virtual Visits make taking that step easier. Meeting with your doctor from home or another familiar setting can help lower the barrier to reaching out, especially on days when feeling worn down makes it harder to plan an in person visit.



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Family Medicine

Dr. Angie Sung is a board-certified family medicine doctor who provides primary care for adult patients at Kelsey-Seybold Clinic's Meyerland location.



To schedule an appointment:

Call: **713-442-7038**

Online: Visit [kelsey-sybold.com](https://www.kelsey-sybold.com) or log in to your **MyKelseyOnline** account.