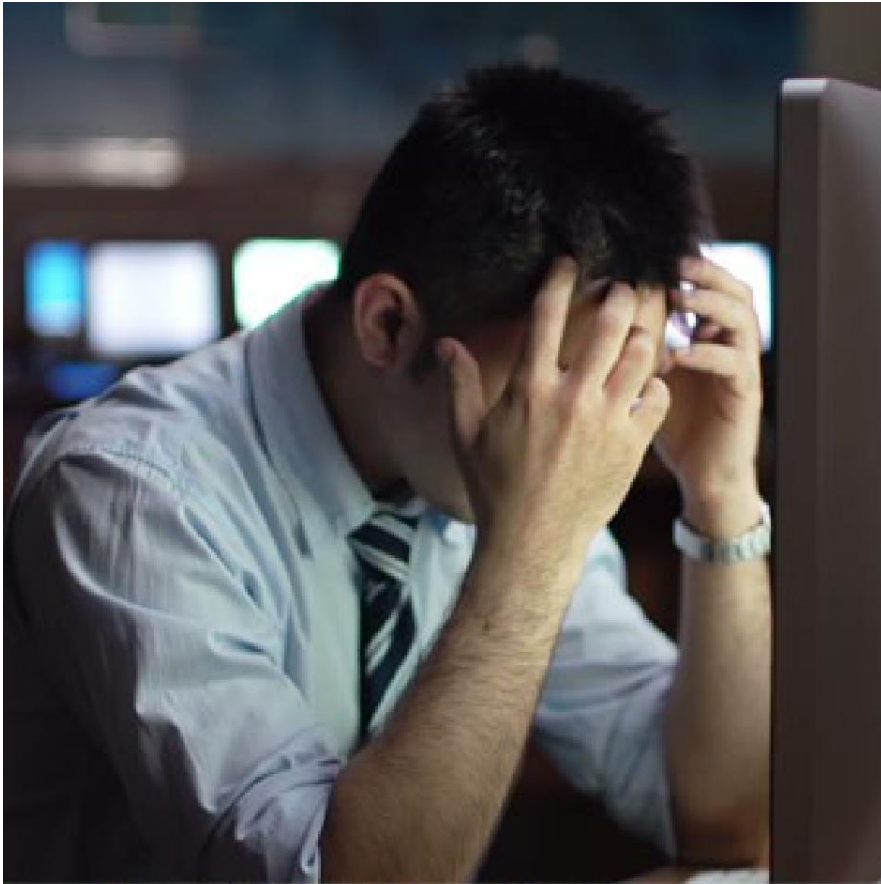




Stress Management



Overview

We all have stress in our lives. But too much stress is bad for your health. It can hurt your mind and your body. Let's look at proven ways to cope with stress.

Body

One way to manage stress is to take care of your body. Eat a healthy diet. Exercise every day. Make sure you get enough sleep. Keeping active and fit helps release energy and frustration in positive ways.

Mind

You can also manage stress by avoiding stressful situations, and by learning to think about things differently. Accept that there are some things you can't change. Don't dwell on things that you can't control. Don't dwell on things that frustrate you. Focus on the positives in your life. And learn to say "no." That will help keep you from getting overwhelmed.

Recreation

You can manage stress by maintaining healthy relationships, and by doing things you enjoy. Spend time with friends and family. Read a book, go for a hike with a friend, or take up a new hobby. Make time for yourself.

Relaxation techniques

And finally, you can manage stress by practicing techniques such as meditation, yoga and tai chi. These help lower your heart rate and blood pressure. Sign up for a class, or watch a video to learn these techniques.

Conclusion

A few small positive changes in your life can have a big effect on your stress level. With a little effort, you can get your stress under control. Talk to your healthcare provider for more stress management tips.

