



Stress Management

Stress can significantly affect physical health. The APA survey found three quarters of people have experienced physical symptoms as a result of stress, such as headache, fatigue, and an upset stomach in combination with feelings of irritability, anger, nervousness and lack of motivation.

Increased stress can lead to unhealthy behaviors to manage stress such as smoking, comfort eating, inactivity and drinking alcohol. APA warns this can lead to long-term health problems. Here are some strategies for managing stress:

- Know yourself. Be aware of your stress level and know what stresses you out. Recognize how you deal with stress. Do you lash out? Become angry? Sad?

- Turn off and tune in. Technology is great but can creep into family time, dinner and vacations. Let work for you, rather than the other way around.

- Take short breaks. Stay energized and productive by taking 1-2 minutes throughout the day to stand up, stretch, breathe deeply and shake off tension. The productivity you gain will make up for the time you spend on break.

- Keep a “To-Do” list. Worried that you’ll forget something important? Constantly thinking of all the things you need to do? Clear your head and put those thoughts on paper, prioritizing each task.

- Find healthy ways to manage stress such as meditation, stretching, exercise, completing puzzles, watching funny videos or talking with friends and family.

- Ask for professional support. Accepting help from supportive friends and family can improve your ability to manage stress. If needed, speak to a psychologist who can help change unhealthy behavior.

Additional Resources:

www.apa.org | <http://www.helpguide.org/articles/stress/stress-management.htm>

<http://www.webmd.com/balance/stress-management/stress-management-relieving-stress>