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TIPS FOR MANAGING STRESS

Keep your stress under control

Stress (along with anxiety) causes more lost work days than physical illness or injury, and has been linked to certain types of cancer and heart disease.

While we can't avoid stress in our lives, here are a few tips to help control it:

1

TAKE DIRECT ACTION TO SOLVE THE PROBLEM. Identify what's causing you stress, then consider possible solutions and the pros and cons of each.



GET REGULAR EXERCISE.

Physical activity helps relieve stress. Aim for 30 minutes of moderate-intensity exercise (like a brisk walk) at least five days a week.

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GET ENOUGH SLEEP. When stressed, some people have trouble sleeping. Try writing down what's troubling you and keep activities prior to bedtime restful and relaxing.



PRACTICE RELAXATION TECHNIQUES. Including deep breathing, meditation, and listening to soft, soothing music. Experiment to find what works best for you.

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MAKE TIME FOR FUN. Sports, hobbies, and socializing offer ways to unwind. Try something new and see which activities appeal to you most.



Don't let stress overwhelm you. Check your emotional vital signs by taking the Balance emVitals questionnaire. And get on the path to emotional health.