



# Small Changes for HEALTH

## STRESSED?



We've all experienced the heart racing anxiety of stress. Although you might feel that you "work better under stress," your body might not agree. When stressful situations continuously arise and your body does not get a chance to recover, your health is jeopardized. Long-term stimulation of your stress-response system can affect your body, mind, and spirit by increasing your risk for obesity, insomnia, digestive problems, heart disease, and depression. So take control of your stress, before it takes control of you!

**Try some of these tips to manage your stress during your breaks.**

**Learn to relax**

- Try this breathing exercise when you feel stressed
  - 1) Inhale through your nose to a count of 10
  - 2) Exhale slowly to a count of 10
  - 3) Repeat five to ten times
- Do as often as needed to release stress and tension

**Take Care of Your Body**

- Eat a healthy, well-balanced diet. Skipping meals can make you irritable and increase your stress.
- Engage in physical activity 30+ minutes everyday. This helps release tension and normalize stress hormones.
- Devote 7-8 hours to sleep. Being well rested will help you deal better with daily stressors.

**Identify Your Stressors**

- If work has you stressed, learn time management skills and don't procrastinate. Stress management classes can assist you with these tasks.
- Learn to say no. If you are overcommitted, kindly turn down further responsibility until you have room to add more.

**Give yourself a 15 minute break**

- When you feel stress coming on, take a short walk, stretch, or get a drink of water.

**Ask for Help**

- If stress is getting the better of you, don't hesitate to ask for help, this is not a sign of weakness, but a sign of intelligence!

Check out the Get Hooked on Health website calendar of events for information on free stress relief classes and massages! <http://www.gethookedonhealth.com/events.htm>

