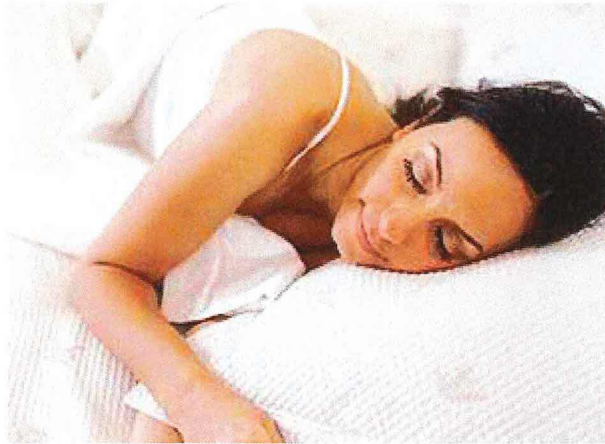




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Manage Stress with a Healthy Lifestyle

Managing stress is easier if you take good care of yourself. Make time for rest and recreation. Eat healthier meals. Take a walk now and then. And don't forget to treat yourself. A little down time can go a long way.



Get enough rest

When you don't get enough sleep, you may be too tired to cope with stress. Also, stress can prevent you from sleeping well or may keep you awake. If this happens to you, try reading or listening to soothing music before you go to sleep.

Make time for yourself

In today's world, there is often too much to do in too little time. It may seem hard to make time for yourself. But try to spend just a few minutes each day doing something you enjoy. This can improve the quality of your life and your mental outlook. Also, you'll be more productive when handling your day-to-day duties. And you'll be in a better frame of mind to cope with stress.

Eat right

It's easy to react to stress by reaching for a bag of chips or a cup of coffee. This may give you a quick boost but may later drain your energy. To keep your energy level steady, stay hydrated and eat healthy meals and snacks at home and at work. Try not to skip meals. Stick with a low-fat diet that's rich in whole grains and fresh fruits and vegetables.

Nourish your spirit

When life is hectic, it's easy to forget what your values and goals are. To help prevent this from happening, find out what is most important in your life. Ask yourself, "What would I miss most if I had

to start a new life alone somewhere else? My work? My family or friends? Something I love doing?" Then focus on embracing your values and what you want to achieve in your life.

Stay on the move

Exercise helps burn off the negative energy of stress. Doing something active that you enjoy also helps you get away from stressful situations. Try to walk, jog, skate, swim, dance, take a fitness class, or play a team sport on most days. Or practice yoga or tai chi, which can help you relax. Even starting with 10 active minutes a day can help decrease stress.

Some things you may enjoy doing may be listed below. If not, try some of these. Then add your own.

- Go see a movie
- Spend time in nature. Go for a walk in a park or forest
- Have lunch with a friend
- Learn a new sport or game
- Plan a fun trip
- Take a class on something you always wanted to learn
- Try a new hobby

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