

5 Ways To...Manage Stress



Stress is a fact of life and left unmanaged, can lead to serious health consequences.

The key to managing stress is finding positive, healthy outlets. Some people pursue hobbies such as gardening, music, or art. Others manage stress through meditation, yoga or exercise.

Five Tips for Managing Stress

Here are five healthy techniques that have been shown to help reduce both short-term and long-term stress:

1. **Take a break.**

It may seem difficult to get away from that big work project or a growing credit card bill. But when you give yourself permission to step away from it, you give yourself time to do something else, which can help you feel less overwhelmed. While it's important to not ignore your stressors (those bills

must be paid sometime), finding time to take care of yourself is very important.

2. **Exercise.**

Exercise benefits both your mind and your body. A 20-minute walk, run, or swim can provide immediate, long-lasting benefits.

3. **Laugh.**

Our brains are closely connected with our emotions and facial expressions. When people are stressed, it shows on their face. Laughing and smiling can bring relief and reduce tension.

4. **Meditate.**

Meditation has been proven to help both mind and body relax and focus. Mindfulness can help people see things with a new perspective. Meditation releases negative emotions. Much like exercise, research has shown that even meditating briefly can reap immediate benefits.



5. **Reach out.**

Call a friend or trusted family member. When you share your concerns or feelings with someone you trust, it can bring real relief.