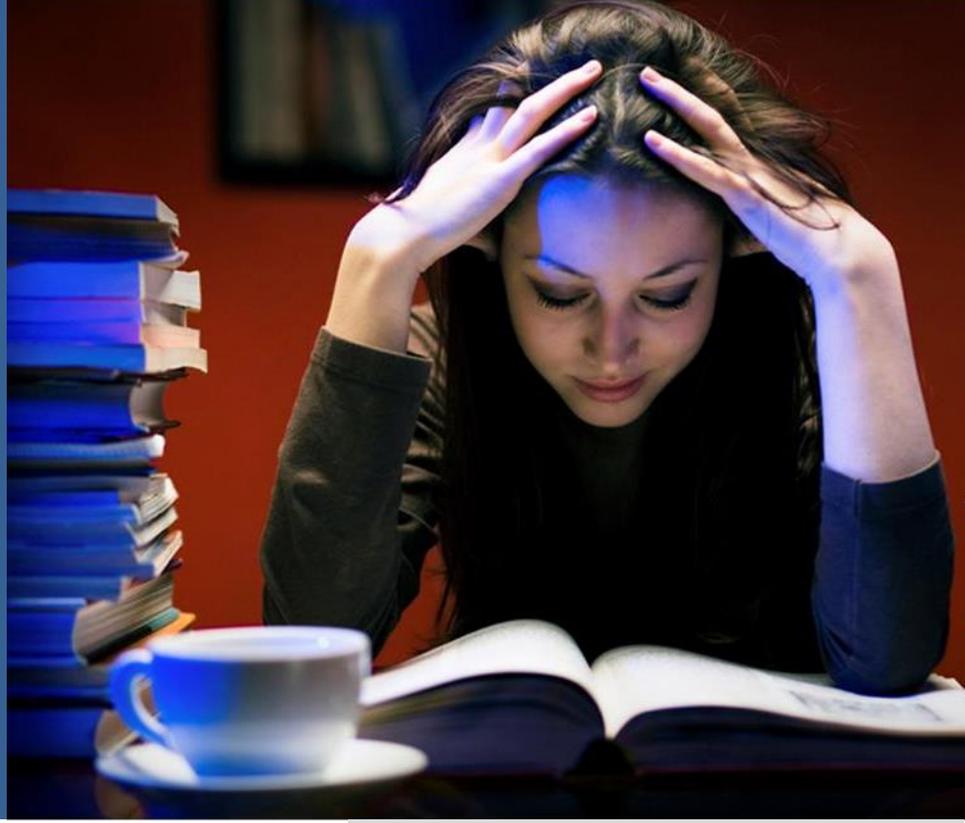


Stress is a fact of life.



The ways to deal with stress may seem like common sense, but when you're under constant and long-term stress, they may also seem out of reach. The most immediate and simple ways to deal with stress are to:

- **Take care of yourself physically and mentally.**

- Eat a healthy, well-balanced diet and maintain it
- Exercise on a regular basis, even if it's simply a short daily walk
- Get plenty of sleep; listen to your body to learn what that amount is
- Give yourself a break frequently and immediately
- Adopt and maintain a normal routine

- **Avoid drugs and alcohol.** While they may offer temporary relief from stress, they may also create more problems that add to stress.

- **Stay active.** Find positive ways to stay mentally fit and be helpful to others, which will in turn help yourself. Help a neighbor, volunteer or take the dog on a long walk. Create your own ideas of improving your outlook.

- **Connect socially.** While it's easy to isolate during or after a stressful event, make time for fun activities with family or friends.

If you lose a grip on the stress in your life and need a little extra help, consider contacting a behavioral health professional.

1. Log in to [azblue.com](https://www.azblue.com).
2. Click Find a Doctor
3. Search for a network provider in your area
4. Enroll and then work through your To-Do list.