

# More ways to stress less.



## What is stress?

Stress is your body's reaction to a challenging situation, and it's something everyone experiences at one time or another. Personal relationships, finances, moving, work and lack of sleep are all common causes of stress. Even positive changes, such as marriage, a new baby or a job promotion can be stressful. While **some** stress can help increase your energy and alertness, **too** much can affect your health and well-being. And that's when stress becomes a problem.

### Can you relate to any of the following?

*(Check all that apply)*

#### Behavioral Symptoms

- Irritability
- Feelings of anger or frustration
- Social withdrawal
- Loss or increase in appetite
- Difficulty concentrating
- Increased tobacco or alcohol use

#### Physical Symptoms

- Headache
- Low energy
- Upset stomach
- Muscle aches
- High blood pressure
- Difficulty sleeping

If you checked several of these symptoms, it may be time to address the sources of stress in your life.

## Real tips for stress relief

To reduce everyday stress and help you relax, try the following:

- Make physical activity part of your day
- Think positively
- Eat a well-balanced diet
- Get plenty of sleep
- Find a new hobby or rekindle an old one
- Do deep-breathing exercises
- Meditate
- Make your friends and family a priority
- Know your limitations and stick to them

**GO YOU**<sup>SM</sup>



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