

Coping with Stress



Stress can play a factor in our everyday lives – whether it be work, family, friends, neighbors, personal, you name it. According to the World Health Organization, stress can be defined as a natural human response caused by a difficult situation that leaves us in a state of worry or mental tension.

We all experience stress, but it's important to learn how to manage stress because it can impact more than we think. Stress can affect our brain, cardiovascular health, joints and muscles, reproductive system, immune system, skin, and gut. In addition, it can have a negative effect on our bodies that includes:

- ☹ Stress-induced overeating
- ☹ Increased cravings for high-fat/high-calorie food choices
- ☹ Drinking too much alcohol
- ☹ Lack of exercise
- ☹ Headaches
- ☹ Fatigue
- ☹ Tight muscles
- ☹ Insomnia
- ☹ Nightmares
- ☹ Restlessness

It is important to remember we have the power to reduce stress and avoid these health complications. [Here are 10 helpful stress reducing suggestions.](#)

1. Take deep breaths. Try practicing the box breathing method:
Four counts of breathing in,
four counts of holding your breath,
four counts of exhaling and
four counts of holding after your exhale.
2. Quick meditation or prayer. It could be as little as 1 minute. You can even download free smart phone apps for calming exercises.
3. Count to 10 before speaking.
4. Go for a walk. Even if it is quick, a little movement can go a long way.
5. Sleep on the situation. Wake up with a fresh start.
6. Walk away from a situation.
7. Break big problems into smaller ones and plan from there.
8. Listen to music or a podcast to relax your mind.
9. Hug a spouse, pet, friend, or family member.
10. Exercise – even as little as a 5-minute walk or quick 5-minute workout will help.

Continued on the next page →

Remember to:



Be your own advocate and take time to do things you enjoy to avoid stress build-up.



Treat stress to help improve overall mood, sleep, reduce anxiety, release muscle tension, and potentially mend social relationships.



Find what works for you to help reduce the risk of health complications from chronic stress.

Reference: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/tips-to-lower-stress-infographic>

Visit [HealthyWayEvents.com](https://www.healthywayevents.com) to see a full list of FREE programs, classes, and events in your area.

 **STAY ON TOP OF YOUR HEALTH.**
Sign up for our monthly digital newsletter.
Visit [RegalMed.com/intouch](https://www.RegalMed.com/intouch) or scan code.



 **CONNECT**
with us on social!

