



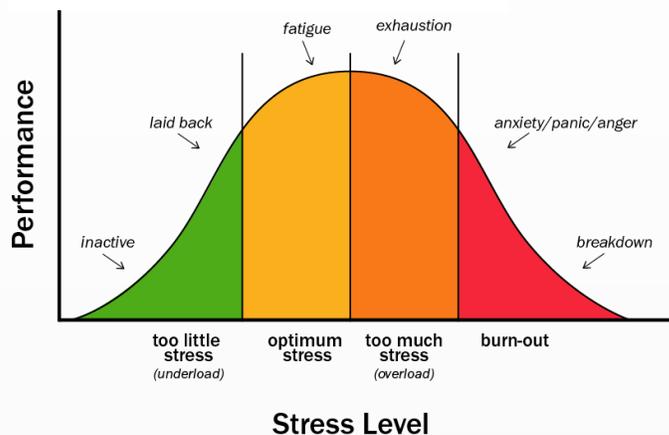
Why should I care about stress?

Stress is part of life. You may have stress from many things. It may be from money or work. It may be from family or health. A *little bit* of stress for a short time can help you. It can help you focus and work better. But *too much stress* upsets the normal balance of hormones and other chemicals in your body and brain. This lack of balance can cause “overload” for your body and mind.

How do I know if am feeling stressed?

Signs of stress may be headaches or feeling tired or achy. Other signs of stress are high blood pressure and weight change. You may feel like your heart is racing or fluttering. You may have chest pain. You may not be able to sleep or you may sleep too much. Feeling angry or nervous can also be signs of stress. You may feel anxious or depressed. You may try to “cope” with stress by smoking or drinking too much alcohol. You may eat unhealthy food. Or you may eat too much food or spend too much time on your “screens” (TV, computer, tablets, phones). Over time, these habits will cause health problems and *more* stress. You can manage stress in a healthy way by trying the tips below.

Stress Curve



USING THE “6 P’s” TO MANAGE STRESS



Purposeful Living

- Do things that give you a sense of purpose
- Look for meaning in your life



Practice Relaxing

- Take 15 minutes a day for time away from the demands of work, family, and other tasks
- Practice meditation, yoga, Tai chi, Qigong, mindfulness-based stress reduction
- Read a book
- Listen to or play music



Promote Relationships

- Connect with friends and family members you trust
- Ask for advice and emotional support often



Protect Your Sleep

- Sleep helps repair and restore your brain and body
- Try to sleep 7-9 hours a night
- Wake up naturally/avoid alarm clock



Physical Activity

- Move your body to reduce tension and keep your mind and body healthy
- Go for a walk
- Do an exercise class at home or at the gym
- Work in the garden



Prioritize

- Focus on the key tasks in your life
- Make a “to do” list each week to remind you of your tasks
- Start each day by looking at your list