

STRESS MANAGEMENT

4 WAYS TO COMBAT STRESS

EXERCISE

Physical Activity has been shown to reduce stress



ELIMINATE HARMFUL STRESS

Take time to evaluate the main stressors in your life



DO THINGS YOU ENJOY



MEDITATION

Focus on the present



7 SYMPTOMS OF STRESS

Depression



Body Aches & Pains



Anxiety



Digestive Problems



Trouble Sleeping



High Blood Pressure



Panic Attacks



MORE INFORMATION

Stress is a normal physiological and physical response to the common challenges we face day to day. A little stress in life is beneficial, as it can be a motivator and helpful tool for mental growth. However, too many stressful activities can be detrimental to a person's health.

Stress management ideas may help if you are currently struggling with some of these symptoms, but you should always consult with your doctor if you are experiencing some of the more serious symptoms of stress.

Try some of the mentioned tips and see how you can improve your stress. We wish you all the best in your endeavors.