

STRESS MANAGEMENT

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.

4 WAYS TO COMBAT STRESS

EXERCISE

Physical Activity has been shown to reduce stress



20-30 minutes

Of exercise a couple of times a week



Produces Endorphins



ELIMINATE HARMFUL STRESS

Take time to evaluate the main stressors in your life and assess whether they are beneficial or harmful to your health



DO THINGS YOU ENJOY

Go on a hike



Spend time with family and friends



Read a book



Paint

MEDITATION

Increased self-awareness, patience, and tolerance



Reduced thoughts of negativity

Focus on the present



7 SYMPTOMS OF STRESS

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.

Depression



Body Aches And Pains



Anxiety



Digestive Problems



Trouble Sleeping



High Blood Pressure



Panic Attacks



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