

## *Healthy ways to manage stress*

- **Take one task at a time.** Pick the most important task, when that is finished then start on the next.
- **Learn how to say no.** If you are feeling overwhelmed whether it is in your home or work place do not accept added responsibilities.
- **Visualize.** If you are in a stressful situation, try to image things that you enjoy.
- **Avoid people who stress you out.** If someone is causing you stress try spending less time with them or end the relationship completely.
- **Reflection.** Take five minutes out of your day to reflect on the positive experiences that you have experienced that day.
- **Exercise.** Aim for 30 to 60 minutes of physical activity at least 5 days a week.
- **Express your feelings.** Talk to friends and family for support about your problems.

## *Unhealthy ways to manage stress*

There are many ways to relieve stress that are unhealthy. Unhealthy stress management techniques may seem stress relieving at first. However in the long run, they may cause more harm and stress to the body. Here are a few examples of unhealthy ways to manage stress:

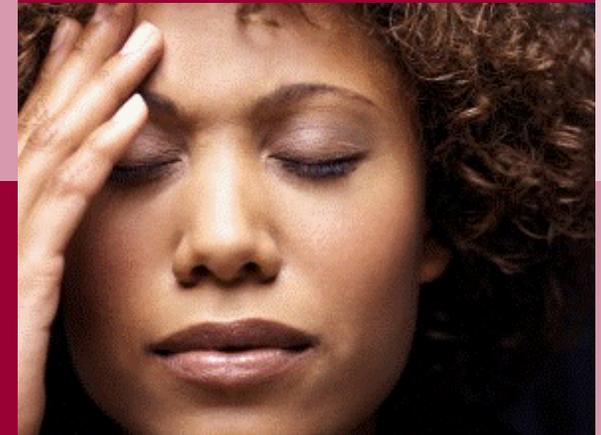
- Smoking and using smokeless tobacco.
- Using pills or drugs to calm yourself.
- Drinking too much. This means more than one drink a day for women and more than two drinks a day for men.
- Overeating or under eating.
- Watching hours of television.
- Isolating yourself from friends and family.
- Taking your stress out on others for example physical violence.

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Sources: Mental Health America and Helpguide.org

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# HEALTHY WAYS TO MANAGE STRESS



[www.achd.net](http://www.achd.net)  
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## *What is stress?*

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Stress is difficult to define because stress is different for everyone. For example, what may be stressful for one person may not be stressful for another. We all experience stress. Stress is your body's source of protection. It can help you feel alert and energetic in difficult times. However, long periods of stress can cause serious health problems such as high blood pressure, depression, or an increase risk of heart attack or stroke. It is important to learn how to manage your stress because it can prevent you from developing serious health problems.



## *Stress Warning Signs*

Below is a list of the common warning signs of stress. Keep in mind that the warning signs of stress are different for every person. Talk to your health care provider if you are experiencing any of these symptoms.

- Memory Problems
- Inability to concentrate
- Poor judgment
- Constant worrying
- Seeing only the negative
- Constant worrying
- Moodiness
- Feeling overwhelmed
- Irritability or short temper
- Depression or general unhappiness
- Aches and Pains
- Frequent colds
- Inability to relax
- Diarrhea or constipation
- Chest pain, rapid heart beat
- Eating more or less
- Isolating yourself from others

## *More healthy ways to manage stress*

- **Take a break.** It is important to take a break from your daily routines and do something that you enjoy.
- **Acceptance.** Be open to others opinions and ideas. You may not agree with others but arguing only increases stress.
- **Think positive.** Do not be too critical of yourself. It is important to remember that everyone is unique and everyone has a different way of approaching tasks. Think positive of yourself and the progress you have made.
- **Make a list.** Take five minutes every night to plan your activities for the next day. If your list seems too much, then take off tasks that you can save for a later date.
- **Eat healthy foods.** These include fruits and vegetables, fish, lean meats, whole grains, or low fat skim milk.