

Stress Management Tips



Everyone experiences stress at one time or another. Here are some management techniques that may help you reduce stress.

- Plan events - if you are stressed about an upcoming presentation, job interview, or any situation in which you are expected to perform, rehearse it a few times to gain confidence.
- Relax with deep breathing - by repeatedly inhaling slowly through your nose, holding your breath for a few seconds, then exhaling through your mouth, you can counteract the fast, shallow breathing normally associated with stress.
- Clear your mind - as you take a break in a quiet place, force your mind to relax by focusing on a peaceful image or thought.
- Relax your muscles - stress causes the muscles to become tense. Tightening and relaxing muscle groups will help.
- Try stretching and exercising - these activities can relieve excess energy created by high levels of stress and decrease the burden of stress on your body. Both activities also produce endorphins - natural chemicals released in your brain that create an overall sense of well-being.
- Seek professional help if necessary - a mental health professional can help you confront your stressors and conquer them.

Keep in mind that you can always ask for help in managing things that overwhelm you. You may be surprised to find how many people will be willing to help. Remember, chances are that some of the people around you have had similar issues and may have found a solution.

Presented by MVP Health Care.

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