

# Stress Prevention Tips



Stress can lead to a variety of diseases, which include high blood pressure, heart problems, migraine headaches, back pain, ulcers, and some types of cancer. Symptoms of stress may include: headaches, tense muscles, shaking hands, fatigue, insomnia, heartburn, nervousness, fearfulness, confusion, worry, irritability, hostility, and an inability to concentrate.

## Here are 10 easy tips to help you prevent stress:

1. Avoid controllable stressors - many stressful situations can be under your control.
2. Realize your limitations - learn to say "no" to responsibilities that you may not be able to handle.
3. Prioritize - when faced with more than one task to accomplish, prioritize and then take one step at a time.
4. Improve communication - you can prevent relationship stress at home and in the workplace by listening carefully, admitting when you are wrong, giving compliments, and expressing your thoughts and feelings assertively.
5. Share your thoughts - talk to someone that you can trust. They may be able to offer helpful advice.
6. Develop a positive attitude - without a positive approach to life, preventing and managing stress is very difficult.
7. Reward yourself - treat yourself as you successfully overcome challenges.
8. Exercise - it is one of the most effective means of preventing and managing stress.
9. Eat well - nutritious meals can help you to feel better and more energized to get things accomplished.
10. Sleep well - a good night's sleep can help you develop a healthier lifestyle that is less conducive to stress.

Remember, even if you are in the best physical condition of your lifetime, you may still be at risk for stress-related disorders. It's important to take time for yourself and the activities you enjoy to live a stress-free life.

Presented by MVP Health Care.

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