

## Simple tips on managing stress

Stress comes in many forms, from everyday stressors to those caused by a negative change (e.g., losing a job) or traumatic event (e.g., a natural disaster).<sup>1</sup> Left unchecked, chronic stress can negatively impact your health.<sup>2</sup>

### Learn to calm your body and mind

It is normal to feel anxious, sad, or even angry when faced with a stressful event. But while we can't always change or control the things that happen in our life, we *can* try to better manage stressful events or even triggers.

**Exercise:** Take a walk, join a gym, look up a new routine on YouTube, or break out the 80's Jazzercise or Tae Bo workouts! Just 30 minutes of physical activity a day can boost your mood.<sup>1,2</sup>

**Relax:** Try deep breathing, yoga, meditation, massage, etc. When you feel your stress level rising, take a moment to calm your mind.<sup>1,2</sup> Never tried yoga or meditation before? Look for a beginner's class online and give it a try!

**Phone a friend:** Staying connected to people who understand us and know our journey can be a great way to alleviate stress. Sometimes all you need to do is vent or talk it out.

**Listen to music:** Ever felt lost in a song? Music can affect both your mind and your body. Upbeat music can make you feel more positive while a slower tempo can help quiet your mind and relax your muscles.<sup>3</sup>

**Sleep:** Do you find it difficult to sleep when your stressed? Sometimes, the worries of the day interfere with our ability to get a good night's sleep when – right at the time when that's what we need the most! Put away the electronics, turn off the TV, and try to quiet your mind. Having trouble shutting down your thoughts? Try white noise or a relaxation app on your phone.

**Find time for fun:** It's okay to put down your worries and responsibilities for a moment and take time for you. Give yourself permission to do the things that put a smile on your face.

---

*Nothing herein constitutes medical advice, diagnosis, or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

## **Sources**

1. 5 Things You Should Know About Stress (ND) National Institutes of Mental Health (NIH). Retrieved from: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>
  2. Stress symptoms: Effects on your body and behavior (ND) Mayo Clinic. Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>
  3. Releasing stress through the power of music (ND) University of Nevada, Reno. Retrieved from: <https://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>
-