

# Are you stressed?

Prolonged stress can have adverse effects on your health and general well-being.

Conditions linked to stress include:

- Migraines and headaches
- Sleep and appetite disturbances
- Cardiovascular disorders
- Diabetes
- Asthma

Behavioral symptoms include:

- Social withdrawal
- Anxiety
- Forgetfulness
- Lack of concentration
- Substance abuse

## 8 Tips for Beating Stress

### • Laugh and Learn

Instead of getting irritated, laugh at life's annoyances and learn from your mistakes.

### • Keep a Schedule

Allow ample time for travel and schedule free time for yourself.

### • Get Enough Sleep and Exercise

Exercise not only improves health and mood, it aids in better sleep.

### • Do Things you Enjoy

Make and take time to do activities that bring you pleasure.

### • Identify the Causes

Is it traffic? Problems at work? Bad news on the TV? What stresses you out?

### • Focus on the Positive

Be proud of your accomplishments and celebrate your successes.

### • Meditate

By sitting in a quiet environment and closing your eyes you can achieve relaxation.

### • Nurture Relationships

More interpersonal contact with the right people can help relieve stress.



## Here when you need us.

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