



Stress Management Strategies

The following are tips on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

1. Structure each day to include a minimum of 20 minutes of some type of exercise.
2. Eat well balanced meals, more whole grains, nuts, fruits and vegetables. Substitute fruits for desserts.
3. Avoid caffeine, alcohol and drugs. These substances may aggravate anxiety, insomnia, nervousness headaches, and decrease coping mechanisms and add to depression.
4. Reduce refined sugars. Excess sugars cause frequent fluctuation in blood glucose levels, adding stress to the body's physiological functioning.
5. Get a least 7 hours of sleep nightly. (Take short catnaps when needed- not more than 45 minutes)
6. Spend time each day with at least one relaxation technique - imagery, daydreaming, prayer, yoga or meditation.
7. Take a warm bath or shower.
8. Go for a walk.

