



# Does your routine leave you feeling **stressed** each day?

**Everyone deals with stress differently depending on the cause, type and symptoms of their stress. The key is finding a solution that works for you and your situation.**

Life is full of stress, and if not properly managed it can affect you physically as well as emotionally, causing potential issues such as headaches, insomnia, high blood pressure, depression and other serious health conditions. Read on for strategies to help you handle stress more effectively.



**HealthAdvocate<sup>SM</sup>**



## Types of Stress

**Stress can either be acute or chronic.**

**Acute stress** – Refers to a stressor in the moment like a fight with a friend, project at work, or a lack of time to prepare dinner.

**Chronic stress** – Occurs when a stressor is more pervasive such as marital or family troubles, ongoing problems at work, or money concerns.

## Dealing with Stress

**Take these steps to manage your stress.**

1. Recognize the symptoms. Pay attention to your body and mental state to notice the first signs of stress.
2. Identify the source. Acknowledge the cause of your stress.
3. Develop a plan. Either confront the cause of your stressful situation or find a way to work through the stressful moment.

## Acknowledge and confront stress with the following tips:

- Break down the situation into smaller manageable components. Deal with one problem at a time.
- Identify what is within your control and what isn't.
- Accept the things that are not within your control.
- Adapt to the stressor, rather than letting it control you.
- Reframe your thoughts to think about the stressor differently.
- Avoid unnecessary stress.

## Alleviate Stress

**There are many ways to reduce your stress. Some of these include:**

- **Exercise** – It helps release endorphins that will naturally help you feel better. It also will give you a break or time away from your stressor.
- **Hobbies** – It's important to take time to do things for yourself that make you feel good.
- **Deep breathing** – It can help to clear your mind and regain your composure.
- **Talking about it** – Talk through stressful moments with a friend, spouse, family member or coworker. Holding it in can make stress worse.

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