

# Health & Wellness Information

## Are you feeling stressed?

### How to be more stress hardy!

- Know what's important to you
- Try to have a sense of control over your life
- Try to look at change as a challenge or opportunity
- Do things that let you be YOU!
- Stay in touch with friends/family

People who are more stress hardy tend to stand up to stress better than those who aren't.

### Signs of Stress:

- Headache
- Stiff Neck
- Nagging backache
- Losing your temper
- Feeling tired all the time

### Dealing with Stress!

There is no way to completely avoid stress. It's how you handle stress that is important. There are both healthy and unhealthy ways to handle stress.

### Healthy Ways to Deal with Stress:

- Listen to music
- Exercise
- Go outside
- Play with a pet
- Spend time with someone you love
- Pray or meditate
- Work in the yard or around the house

## Managing Stress

### How to reduce stress!

- Decide what's important:
- Some things can wait
- Ask your boss what's important if you don't know
- Some things may not need to be done at all
- Learn to say no:
- Don't commit to things that don't matter to you
- Do one thing at a time:
- Doing too many things at once can take more time than focusing on one task at a time
- Get organized:
- Make lists
- Appointment books
- Don't put things off:
- Use a planner to schedule your day or week
- Break large tasks into smaller ones
- Save time for yourself:
- Leave work at work:
- Get enough sleep:
- Stress can seem worse if you're tired all the time

### Unhealthy Ways to Deal with Stress:

- Drive fast
- Smoking or Using Drugs
- Drink alcohol
- Eat too much or too little
- Yell at people
- Avoid people
- Criticize yourself

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