

How to manage stress

Did you know stress affects your health? Stress can cause health problems like lack of sleep, anxiety, and depression if not kept in check. There are ways to keep stress under control to be happy and healthy.

Know the Signs.

We all feel stressed for different reasons. Learning to spot causes can help you manage it. In certain situations you might have physical signs of stress like:

- Upset stomach
- Headaches
- Low energy
- Sleeplessness
- Tense muscles

Learn to watch for your body's signs of stress. It will help you avoid certain situations. Studies show that reducing stress decreases your risk of heart disease, depression, and obesity.

Exercise and Eat Well.

The endorphins your body gets from exercise can help you feel more calm and relaxed. Certain foods may help too. Vitamin C is a natural stress buster. Foods like strawberries, blueberries, and broccoli – frozen or fresh – are high in vitamin C. Nuts contain B-vitamins that help your body fight stress and are an easy snack to keep with you.

Ask for Help.

Needing help doesn't mean you can't handle things. By taking action to manage stress, you will feel better and be healthier. Look for social groups for support. Talk to a friend. If possible, think about trying therapy so you have a private place to get it all out when you need to.

