

09 Lower Your Stress Month

HEALTHY TIP SHEET - SEPTEMBER



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Easy Ways to Reduce Your Stress Load

When you start feeling stressed out, you need to take action to break the stress cycle. Take a break, get away from the problem long enough to figure out what to do, and calm yourself by practicing a relaxation technique. Here are some given stress reducers:

Breathe deeply.

Take 10 breaths of fresh outdoor air.

Be physically active daily.

Regular physical activity not only helps relieve stress but it also builds your physical and mental health so stress doesn't harm you as much.

Have a change of pace.

If you've been resting, do something active. If you've been working hard physically, do something restful.

Do something you enjoy.

Read a book, take a bath, listen to relaxing music, watch a funny movie, do a crossword puzzle, garden, go fishing, go to a concert, get a massage, play with your kids or grandkids, volunteer, etc. Remind yourself that it's OK to relax and enjoy life.

Lighten up.

It's easy to get into the habit of being overly critical and putting yourself down. But when you do, it makes you feel bad and increases your stress load. If you make a mistake, learn from it and move on. Instead, congratulate yourself when you do something right.

Take care of yourself.

You won't be able to cope well if you are tired and worn out. Get adequate sleep and don't skip meals. Take time for at least one good, warm, sit-down meal every day.

Source: Wellsource, Inc. Lower Your Stress

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.



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