Stress Management

All of us have worries. Whether it is related to finances, school, a job or a relationship, it can be easy to let the daily stresses take control of our lives. Stress is a part of life, but too much of it can affect both our physical and mental health and make it easy to forget to take care of ourselves.

Forty-three percent of all adults suffer adverse health effects from stress.

Effects of stress

The ways that excessive stress may affect us include:

- **Headaches** – Irritability
- **Backaches** – Inability to concentrate
- **Muscle tension** – Inability to fall asleep
- **Change in eating habits (overeating or decrease in food intake)** – Lack of self-esteem

Coping with stress

Here are some ideas to help you cope with stress:

- Exercise and a full night's rest can play a large role in reducing stress. Exercising does not have to be a regimented fitness routine. It can include simple activities like walking in a park or jumping on a trampoline.
- Laughing is another great way to reduce stress. Laughing can lift your mood as well as help others around you.

- Relaxation techniques such as Yoga, Tai Chi, stretching and meditation are great options for relieving stress.
- And don't forget your family and friends. Surrounding yourself with a strong supportive network is a proven method for improving mental well-being.

Resources:
www.mindtools.com

Visit www.texercise.com!