



QUICK TIP

INCREASED STRESSED LEVELS CAN DECREASE YOUR IMMUNITY. MANAGING STRESS MAY HELP TO FIGHT OFF GERMS AND COMBAT CHRONIC HEALTH CONDITIONS.

MANAGE STRESS TO BENEFIT YOUR HEALTH

The goal of stress management is not to eliminate all stress from your life. Stress management focuses on limiting your negative stress response and building healthy habits like quality sleep, proper nutrition, and a strong immune system.



LISTEN TO YOUR STRESS

Don't ignore your stress. It's a natural response to an external stimulus or challenge. People who are more aware of their stress and response tend to feel less stressed overall.



REGULATE WEIGHT GAIN

Stress-related eating behaviors and excessive releases of the stress hormone cortisol may lead to excessive fat accumulation. Regulating your stress levels can help to manage unhealthy behavior.



FOCUS ON MOVEMENT

Not only is movement good for your heart, but exercise also helps your brain make serotonin, the chemical that can reduce depression, regulate anxiety, and control sleep.