

MANAGING STRESS

Stress can do a lot to hurt your body. You can help yourself stay healthy if you use some or all of the following measures:

- 1) Keep a positive attitude
- 2) Exercise regularly. Your body can fight stress better when you are in shape.
- 3) Use relaxation techniques. Some examples are meditation, yoga, prayer, massage, or music therapy.
- 4) Keep a journal. Having things written out and expressing yourself can be a great way to relieve stress.
- 5) Eat healthy.
- 6) Get at least 7 - 8 hours of sleep every night. You need to be well rested to handle stresses of everyday life and major stress events.
- 7) Seek social support or counseling. Talking to someone else can be very therapeutic.