

April is Stress Awareness Month

Stress can lead to a number of major health problems, ranging from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it is easy to see why it is so important to keep life's major stressors in check. Follow the 10 tips listed below to keep your own stress levels in check.

10 positive ways you can respond to the stress in your life

Get and Stay Healthy - taking charge of your body through diet, exercise, or simply getting that checkup you've been putting off.

Make a Change – small or large it helps. Take a long awaited vacation, clean the clutter off your desk. Even a small change can make a big difference when it comes to stress.

Focus on Now - don't think about yesterday or what will happen tomorrow. Enjoy the moment right now. It can provide a magical escape from the disappointment of what once was and the fear of what might be, and leaves stress stuck in a time warp.

Talk to Yourself – Give yourself a pep talk. Focus on what is right in your life and not what is wrong. Be positive.

Get the Giggles – Laughter is a great stress reliever – laugh every day.

Breathe Deeply - Take a 5-minute break and focus on your breathing. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

Meditate – take a deep breath, quiet your thoughts and let the stress melt away. 10 minutes of meditation a day can do wonders for your life.

Happiness Journal – list 5 things at the end of the day that made you smile.

Be Positive - No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

Help Others - Sometimes the best way to deal with stress is by providing relief to someone else. Putting your focus on others takes the focus off your own challenges leading to less rumination and stress.

Need assistance call your EAP:

Barnabas Health Management Services – One Source Employee Assistance Program. Call 1-800-300-0628 when life's challenges become too hard to handle alone.