

Tips that Count

Wellness information for your journey to a healthier you!

Wrestling with Stress

We can't avoid stress in our lives but we can learn to bring those stresses under control.

Take direct action to solve the problem. First, identify the problem, then consider possible solutions and evaluate the pros and cons of each. This will help you determine the best course of action.

Get regular exercise. In general, moderate levels of physical activity help relieve stress—aim for 30 minutes a day of moderate-intensity exercise (such as brisk walking) at least 5 days a week.

Get enough sleep. When stressed, some people have trouble sleeping. Remember that exercise during the day can help with insomnia. Making a list may also help, or try writing down your thoughts about what's troubling you early in the evening, then keep activities prior to bedtime restful and relaxing.

Practice relaxation techniques. These include such things as deep breathing, meditation, and listening to soft, soothing music. Experiment with these and find what's best for you.

Make time for fun. Sports, hobbies, and socializing offer ways to unwind. Try something new and see which activities appeal to you most.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.