

## Stress Recognition and Reduction



Stress is an accepted part of all our lives to a certain extent. The key is learning how to recognize when we have too much and how to manage it on a day-to-day basis.

Our bodies are one of the first indicators that we are over stressed. We can experience physical symptoms such as tense muscles, high blood pressure, upset stomachs, heartburn or headaches. We can also experience mental lapses such as the inability to concentrate, be forgetful or have poor judgment. Sometimes our bodies show stress through emotions by being more sensitive, irritable, depressed or apathetic.

### **Suggestions for reducing stress levels:**

- ✓ Take personal responsibility for yourself and your stress level and manage it.
- ✓ Be accepting of what you can change or what you cannot.
- ✓ Try to eat well as much as possible.
- ✓ Exercise regularly. There are many physical and psychological benefits to exercising.
- ✓ Get adequate, regular sleep.
- ✓ Find activities that are most relaxing for you and do it.
- ✓ Take time out and schedule regular vacations.
- ✓ Don't try to be a perfectionist.
- ✓ Appreciate and respect your family and friends. These individuals can be real lifelines for you when you need them.

Overall, if you maintain a healthy lifestyle it will help you to have a positive effect on your health and outlook on life and help to maintain your stress levels.