

## Stress Management Tips

Stress is the anxiety that one experiences everyday in reaction to events, both mentally and physically. It becomes a problem when one cannot relax after meeting those challenges. This stress can be hazardous to health and well being if not managed properly. Following are some tips for controlling and managing stress.

1. Become aware of the things or situations, which cause you stress.
  2. Once identified, determine how these things affect you and what feelings they create or cause. Now devise ways to cope with it. If for instance, rushing to work creates anxiety, leave earlier.
3. Take periodic breaks during the day.
4. Find relaxation techniques to reduce those times or situations which create the stress.

There are many ways to relax, and it differs from person to person. Many people find exercise or stretching to be relaxing. Others may read a book or listen to soothing music.
5. Seek help if you are feeling helpless. Find a social support system.
6. Formulate a positive frame of mind.
7. Eat nutritious meals.
8. Slow down and learn to relax and enjoy leisure time.
  9. For more information, your local library or bookstore is an ideal place to locate books on relaxation techniques such as visualization, biofeedback, autogenic, progressive muscular, mind clearing, or deep breathing. Your personal trainer may also be able to assist you.