



ACTION STEPS FOR WELLNESS

Stress less



Stress in small doses can help you develop coping skills for life challenges. Too much stress can make the heart work harder, raise blood cholesterol, trigger headaches, and increase the risk of depression, heart disease and other serious health problems. To help manage stress, follow the tips below.

Action Steps: Loosen tense muscles with simple stretches several times a day. Reach for the sky, bend and touch your toes, lean from side to side. Repeat.



| Do: | Don't: |
|--|---|
| Rank order tasks | Try to juggle more than you can handle |
| Plan ahead for stressful situations | Drown your sorrows in alcohol |
| Avoid situations that cause you stress | Go outside for a smoke |
| Learn to say "no" | Try to prove that you are superhuman |
| Think positive | Lash out at everybody who crosses your path |
| Take time to play | Bring work home everyday |
| Share your feelings | Keep emotions bottled up until you explode |
| Chisel the chip off your shoulder | Bury your face in a bag of chips |
| Accept the things you cannot change | Be so hard on yourself |
| Get regular exercise and movement | Be a couch potato |