



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