Uncontrolled stress can be linked to illnesses such as high blood pressure, heart disease, migraines — even cancer. Here are some ways to cope with stress and restore balance to your life.

**RELAX YOUR BODY**
Exercise relieves tension, fights fatigue, reduces anxiety and improves mood.

Learn to breathe deeply from your diaphragm instead of your chest. It produces a sense of balance while reducing stress.

Get enough rest and sleep. Your body needs time to recover from stressful events — and daily life. Make sleeping a priority and create a comfortable sleeping environment.

**CALM YOUR MIND**
Try meditation and other relaxation techniques. Focusing on one relaxing word/thought/object quiets your mind and decreases your heart rate, blood pressure and muscle tension. These activities teach you to avoid distractions and be mindful of the task at hand — tools to manage stress in your daily life.

Establish a healthy work–life balance. Manage your time, set realistic boundaries and prioritize tasks.

**Satisfy Your Spirit**
When you are caught up in doing things you “have” to do, it’s easy to ignore your own needs. Set aside 20 minutes of every day to read a book, take a walk or do nothing at all.

Let go of things that are out of your control. Worrying about what you can’t change is a waste of energy. Learn to say “no” without feeling guilty. Refuse requests that create excessive stress in your life.

Maintain a social life and develop a support network of friends and family.

If stress is overwhelming, see a mental health professional.

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