

# STRESSED OUT?

## TIPS TO RESTORE BALANCE

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.



### RESTORE BALANCE

Talk to your doctor. Or contact a Blues On Call<sup>SM</sup> health coach at 1-888-BLUE-428 (1-888-258-3428) about ways to restore balance to your body, mind and spirit.

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