

SEPTEMBER WELLNESS: STRESS MANAGEMENT TIPS



As a new season begins, we may find that schedules, activities and responsibilities increase or change. Along with these shifts, stress or anxiety may occur.

The Mayo Clinic offers some *simple, straight-forward tips on managing stress*. They include:

- 1) **Get active.** Physical activity, in any form, can increase endorphins and improve your mood.
- 2) **Eat a healthy diet.** Incorporate more vegetables, fruit and whole grains into your diet.
- 3) **Avoid unhealthy habits.** Habits such as smoking, illegal substance use, overeating or high intake of alcohol or caffeine, can increase your stress and decrease your health.
- 4) **Meditate.** Meditating can calm stress thoughts, and offer feelings of peace and balance.
- 5) **Laugh more.** Laughter can help you feel better by lightening your mental load.
- 6) **Connect with others.** Seeking support from friends and family during stressful times can help with the ups and downs of life.
- 7) **Assert yourself.** Acknowledge your emotional and physical limits by having boundaries, delegating and saying no when needed.
- 8) **Try yoga.** Yoga, which is beneficial to the mind and body, can help offer relief from stress and anxiety through postures and breathing exercises.
- 9) **Get enough sleep.** Let your body and brain recharge with the recommended 7 to 9 hours of sleep for most adults.
- 10) **Keep a journal.** Let out your feelings and thoughts in a journal to release any negativity, anxiety or stressful thoughts.
- 11) **Get musical and be creative.** Play musical instruments or listen to your favorite music to help lower stress hormones and decrease muscle tension.
- 12) **Seek counseling.** If stress is getting in the way of everyday life and it is difficult to find a stress release strategy, a professional counselor or therapist can help you find a stress management technique that works for you.

To reach the article from the Mayo Clinic, and learn more about each of these simple tips, please click here: [Stress Relievers: Tips to Tame Stress](#)