

Healthy Beginnings

Fight Stress With Healthy Habits

If we do not deal with stress in a healthy way, it can result in poor health. Adopting healthy habits can protect you from the harmful effects of stress. Here are 10 positive healthy habits you may want to develop. It's important to talk to your doctor if you ever feel that you are in danger of losing control.



- 1. Identify Stressors** - Identifying what is causing the stress can help you start to eliminate it. Make necessary changes, and accept the things you cannot change.
- 2. Get Organized** - Use "to do" lists to help you prioritize your tasks.
- 3. Slow Down** - Try to "pace" instead of "race". Plan ahead and allow enough time to get the most important things done.
- 4. Give up the Bad Habits** - Too much alcohol, smoking, and caffeine can increase stress.
- 5. Get Enough Sleep** - Try to get 6-8 hours of sleep each night.
- 6. Practice Giving Back** - Volunteer your time or return a favor to friend. Helping others helps you.
- 7. Remember to Laugh** - Laughter makes you feel good. It can help change your perspective on a situation.
- 8. Exercise Regularly** - Exercise relieves mental and physical tension. Try new activities, and include friends and family.
- 9. Talk with Family and Friends** - A daily dose of friends and family is great medicine.
- 10. Practice Coping Skills** - Healthy coping skills, such as meditation, deep breathing, and visualization, are a great way to help become more stress resilient.



(see reverse side for some coping skill techniques)