

10 TIPS FOR MANAGING STRESS

Wellness Tips

Stress is a natural feeling that can be unhealthy when we feel unable to cope with specific demands and events. One of the most important skills we can learn is to take steps to manage our stress. It is just as important as taking care of your physical health.

Here are 10 simple tips to relieve stress:

1

PHYSICAL ACTIVITY

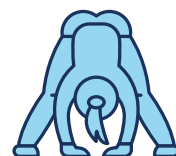
Exercise is one of the best ways to relax your body and mind. It will also improve your mood. Work your way up to 2 hours and 30 minutes of moderately intense exercise each week. (Ex. brisk walking at 4 mph, biking at 10-12 mph, doubles tennis, yard work such as mowing the lawn, or cleaning such as vacuuming or mopping).



2

STRETCH

Loosen your muscles by stretching and to release endorphins, the feel-good chemical found naturally in your body, that helps relieve stress and pain.



3

STAY HYDRATED

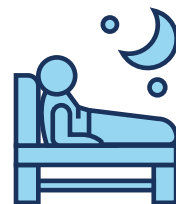
Drinking lots of water throughout the day is the key to a healthy body. All our organs, including our brains, need water to function properly.



4

GET MORE SLEEP

Try to wake up and go to bed around the same time, striving for 8 full hours of sleep. Having a consistent schedule helps to achieve a more restful sleep pattern.



5

EAT SCHEDULED MEALS

It's important to stay on track with good nutrition. Try eating at your regularly scheduled times, rather than snacking throughout the day. Eat fresh fruits and vegetables and be sure to include fish with high levels of omega-3 fatty acids which have been shown to reduce symptoms of stress.





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GET FRESH AIR

Taking a brisk walk outside will help you feel refreshed. You can also try opening the windows on a nice day.



7

TAKE A BREAK FROM WATCHING THE NEWS

Set limits for consumption of news and social media. It's good to be informed but being bombarded with stressful or negative news can take a toll on your mental and emotional health.



8

LISTEN TO MUSIC

Research has proven that listening to music lowers blood pressure, boosts immunity and eases muscle tension.



9

VENT

Talk it out with a trusted friend, family member, doctor, or therapist. A reassuring voice, even for a few minutes, can help put everything in perspective.



10

SELF-CARE

Set aside time for things you enjoy. Try doing something every day that makes you feel good like: reading, knitting, golfing, jogging, or engaging in an art project or a favorite hobby.



Almost everyone is impacted at some time with added stress and anxiety. It's easy to ignore our own needs, but it's important to make time for our own self-care. If you feel that you are experiencing excessive stress or anxiety, be sure to reach out for assistance. The Innovative Team can direct you to appropriate resources.

#ibpwellnesstips
Healthier Together

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.