



Photo Courtesy of pixabay.com

EAT WELL, CARE WELL.

STRESS AWARENESS

Stress is a common occurrence for a lot of people. There are many different stressors in life, and it varies from person to person. It is important to determine the causes of stress in your life so you can manage it. Stress can negatively affect our health if it is not managed appropriately. Stress can elevate blood pressure, cause headaches, and even increase your risk of heart disease! Below are some ways you can help manage and alleviate stress.

Consume Nutrient-Rich Foods – Eating a nutrient rich diet is a great way to decrease the negative effects stress can have on your body. Antioxidants can reduce oxidative stress that occurs in the body.

Laugh – It may seem simple, but it has been proven that laughing can increase the release of endorphins that help reduce stress. So, find something or someone that makes you laugh and enjoy!

Daily Exercise – Doing daily exercise can help relieve stress. This is just one of the many benefits to staying active.

Deep Breathing- Again, so simple! Deep breathing exercise can help reduce your body's negative reaction to stress. Try looking up some videos of YouTube to guide you through some exercises.

WEEKLY CHALLENGES

TRY OUT SOME YOGA MOVES!

CALL A FRIEND OR FAMILY MEMBER TO CHAT.

PRACTICE DEEP BREATHING EXERCISES.

EXAMINE WHAT BRINGS YOU STRESS AND HOW/ IF YOU CAN AVOID IT.

Did you Know...

The American Heart Association has stress management information

[https://www.heart.org/search "Stress Management"](https://www.heart.org/search%20Stress%20Management)

Deep Breathing Exercises: The 4-7-8 Method

The 4-7-8 deep breathing method has been used for a long time as a way to alleviate stress. The purpose of this exercise is to focus on breathing rather than your cause of stress and to slow down your body's response to stress. The method is simple:

1. Lie down on your back in a comfortable position and place one hand over your heart and one on your stomach.
2. Take note of your breathing pattern and heart rate as it may be elevated as a sign of stress.
3. Begin breathing by inhaling and slowly counting to **4**.
4. After your inhale, hold your breath in and slowly count to **7**.
5. Exhale for **8** seconds.
6. Repeat this exercise until your heart rate has slowed or as long as needed.

Note: Immediately discontinue this exercise if you feel lightheaded or have any sort of discomfort.



Photo Courtesy of pixabay.com