

ADDRESS YOUR STRESS

What to do when stress gets the best of you



Stress is what you feel when you have to take on more than you are used to. Small doses of stress are normal, but when left untreated, long-term or chronic stress can start to take a toll on your body and mind, and can impact your emotions and behavior. The good news is that stress can often be managed on your own.

Here are some methods that you can try to manage your stress:

BREATHE

It sounds simple, but slow, deep breaths can help ease tension and relax your body.



EXERCISE REGULARLY

Start by walking or doing chores around the house — no membership required.



KEEP A JOURNAL

A stress journal can help you identify triggers and can aid in your thought process.



MANAGE YOUR TIME

A schedule makes it easy to know what needs to be done and when you will get to it.



DO SOMETHING YOU ENJOY

Grab your fishing pole or knitting needles. Hobbies can take your mind off of stress.



TAKE CARE OF YOURSELF

Eat well and get plenty of sleep. Avoid caffeine, tobacco and alcohol.



If stress is impacting your daily life, or if you experience any of the following stress-related symptoms for long periods of time, consider meeting with a QuadMed wellness professional or provider:

- Abdominal or back pain
- Depression
- Loss of appetite
- Trouble sleeping
- Anxiety
- Headaches
- Panic attacks
- Weight gain