

HEALTHFUL HACKS

➔ Benefits of Managing Stress



- Better mood
- Less muscle tension
- Reduced blood pressure
- Boosted immune system
- Improved digestion
- Fewer headaches
- Improved hormone balance
- Less joint pain

➔ Additional Resources



- [Stress Management](#)
- [Stress Reduction Activities](#)



MANAGING STRESS WITH HEALTHY HABITS

Stress is the natural response that makes us address challenges in our everyday lives. Stress is a normal occurrence. It cannot be avoided, but it can be managed.

Get Active

Physical activity can release feel-good endorphins that give a sense of well-being. It can help release built up emotions or frustration. This can be done in any form which includes walking, cycling, swimming, dancing, or any other form that gets your body moving.

Eat a Healthy Diet

Eating a balanced diet helps to provide extra energy that is needed to cope with stressful events. Skip the high sugar foods and opt for vegetables, whole grains, and lean proteins.

Do Something you Enjoy

Stress can bring you down, so it is important to do things that you enjoy to bring relaxation. Whether this is reading, doing a puzzle, or watching a movie, make sure to make time for your own interests.

Take a Break

Life can be busy, and breaks are important to give your mind a break. Take a 5-10 minute break when needed and listen to music, take a walk, or meditate.

Connect with Others

It is common to isolate yourself when stressed. Social contact can be a great stress reliever as it offers distractions and a sense of support from those around you.

Get Enough Sleep

Stress can cause issues falling asleep. Without sleep, your mood, energy levels, and concentration will not be their best. Make sure to have a quiet and peaceful bedtime routine with a consistent schedule.

Resources:

<https://www.uakron.edu/armyrotc/MS1/14.pdf>
<https://medlineplus.gov/ency/article/001942.htm>