

# Beating Stress

## **Get familiar with what's out there**

Have you ever tried a stress-reduction technique, only to be disappointed by your lack of success? By now you probably realize that there is not a single remedy for stress. Stress is a personal matter. What is relaxing to one person can cause much anxiety for another. For this reason, it is important to be familiar with a variety of techniques to control anxiety. After you determine which ones work for you, you can greatly relieve the tension in your life.

## **Take Time For Fun**

Start making time simply for having fun. Play can be just as important to your health as work. But it is also important that you balance work and fun. Taking either to the extreme can cause problems. After a nice break, you will most likely feel refreshed as you tackle your work.

## **Take Care of Yourself**

Even when the days are rough and pressure-filled, remember that your body needs care. Get plenty of rest and eat healthy foods.

If you become irritable from lack of sleep or if you haven't been eating properly, you will have a harder time handling difficult situations.

If stress repeatedly keeps you from getting enough sleep, you may need to ask your doctor for help. Don't accept negative stress as an inevitable factor of life. Realize you deserve more and take steps to leading a happier existence.

## **Try Exercise**

When you feel angry, nervous, or tense, release your emotions through physical activity. You might enjoy walking, lifting weights, playing tennis or gardening. Do whatever makes you feel better. Physical exercise will help relieve that "up-tight" feeling you get after a hard day at work.

## **Get Involved**

To keep from being sad or depressed, find ways to become involved with people and activities. Instead of sitting around and feeling lonely, participate in neighborhood or volunteer organizations. Helping others is often the best way to help yourself.