

# Overcoming Stress

## **You Can Fight Back And Win**

When you are under extreme amounts of stress, you may feel like there is no way you can overcome your problems. You believe you'll just have to cope until the situation improves. The good thing is, you don't have to put up with the negative effects of stress. You can fight back and come out on top. It's not hard to do. Here are several ways to make yourself a winner when the pressure starts to mount.

## **Go with H 2 O**

Amazingly, drinking water can greatly improve how you feel. Water is often overlooked even though it is the most essential nutrient. You know how it feels when things get tough. Your mouth gets dry, you start to sweat and your heart begins to palpitate. Sometimes when under stress, you may also forget to drink. This can lead to dehydration and even more severe symptoms. Get some water and help your body return to its normal state.

## **Set it aside**

Sometimes it is actually best to put aside a stressful problem until a later time when it can be dealt with more effectively. This isn't procrastination if used in a proper manner. Maybe you are having problems with a co-worker or family member. You may want to confront them, but you also know that they aren't ready to discuss the issue. Waiting another day or two could help both of you be better prepared to handle the problem.

## **Avoid snack attacks**

Your first reaction to a stressful situation may be to reach for a candy bar. Unfortunately, this can do more harm than good.

Although you may get a quick high from the sugar, you will probably send your blood sugar on a roller coaster. After the initial good feeling of indulgence wears off, you may experience even more tiredness and anxiety. Try healthy snacks like fruits or fresh vegetables instead.

## **Find an outlet**

There is usually pent up energy building inside you during a tough situation. What you may need to find is a way to release it.

Having a good cry or laughing with a friend may be just the cure you are needing. By dealing with your stress in a positive manner, you can turn around a negative situation. Keep these tips in mind the next time you feel pressure or anxiety. As with any problem, in order to feel better, you have to take care of yourself.