



October 2024: Tips for well-being

## Find healthy ways to cope with your stress

We all have stress at times. Maybe you're in a traffic jam on the way to work. When you're tense, your body releases hormones to help you stay alert.\* You may notice signs in your body, like tight muscles or a racing heart. Once the traffic clears, you start to relax.

What about stress that hangs around? Maybe you have a hectic job or tension at home. Those stress hormones may stay elevated. That's because you don't get a break to relax. This can raise your risk of heart disease, high blood pressure or sleep problems.\* You may turn to junk food, alcohol or tobacco to cope.

**Instead, look for healthy ways to manage stress and recharge. Check out these tips:\***

- Exercise to work off stress. Take brisk walks. Join a dance or boxing class.
- Set an early bedtime. Log off social media and silence your phone.
- Eat high-fiber foods for energy. Go for apples, oatmeal or almonds.
- Find a quiet spot to sit and take deep, steady breaths for a few minutes.
- Start a journal. Write about your stress and what lifts your spirits.

### Wellness Webinar: Healthy mind, healthy body\*

Explore how your thoughts can affect your health. Learn how you can change your outlook to improve your well-being for a healthier mind and body.

**Tuesday, October 22, 2024 10:00 AM | 12:30 PM | 4:30 PM, ET**



Save your spot

\* FOR WELLNESS WEBINAR: The wellness webinar classes are not offered in Spanish.

\* FOR STRESS RESPONSE SOURCE: Mayo Clinic. Chronic stress puts your health at risk. Last reviewed Aug 1, 2023. Accessed July 24, 2024.

\* FOR RISKS FROM STRESS SOURCE: American Heart Association. Understanding how stress affects the body. Last reviewed Feb 8, 2024. Accessed July 24, 2024.

\* FOR STRESS TIPS SOURCE: Mayo Clinic. 5 tips to manage stress. Last reviewed Feb 21, 2023. Accessed July 24, 2024.

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