

Happy Monday,

Stress. Who doesn't have it? Certainly no one I know and probably no one you know. Will there be a time in your life when you are totally stress free without a care in the world? Probably not because it is human nature to allow ourselves to get into stressful situations. Stress is a part of life, and you can't always avoid it. But you can try to avoid situations that can cause it, and you can control how you respond to it. The first step is knowing your own coping strategies. Try using a stress journal to record stressful events, your response to them, and how you coped. There are several areas in our lives that have a major impact on our level of stress and how we manage it.

1. Time management – enables you to find the time to do the things you need to do but more importantly the things you want to do.
2. Create balance – between personal, work and family needs. Is it easy? Not always, but learning to prioritize your commitments goes a long way towards creating that balance.
3. Life purpose – focus on what it is you really want from life. Know what you are passionate about and make it a priority.
4. Sleep – your body recovers from the stresses of the day while you sleep. If you are not getting consistent sleep, consider keeping a sleep journal to help figure out what needs to change.
5. Healthy eating – learn what foods are best for you, limit the amount of alcohol consumed and don't smoke.
6. Exercise – a well known stress reducer. Even a ten minute walk will provide stress relieve.
7. Support – we don't have to do it alone. Friends, family and coworkers can provide a wonderful support group if, you let them.

“Stress is the trash of modern life - we all generate it but if you don't dispose of it properly, it will pile up and overtake your life.” ~ Danzae Pace

Yours in health,