

Stress Relief

Everyone experiences stress, but ongoing stress without any relief or relaxation can negatively affect your health.

75% to 90% of all doctor's office visits are for stress-related ailments and complaints.

The Occupational Safety and Health Administration (OSHA) has even declared stress a *hazard* of the workplace.

Causes of Stress

Between work, family, society, and life in general, there are tons of stressors in our lives. Stress that is not relieved gets worse as time goes on. Even the small things that normally would not stress us out *will* after a prolonged time of stress.

Health Problems from Stress

- Headaches/Migraines
- High blood pressure
- Upset stomach/ Digestion Problems
- Chest pain
- Heart problems
- Sleeping problems
- Depression
- Anxiety
- Emotional disorders
- Skin Problems
- Asthma
- Weight problems
- Body pain
- Autoimmune Diseases

Healthy Stress Relief

✓ Exercise

- Exercise releases endorphins that make you feel good.
- It improves sleep which makes you happier and more energetic. When you do not get adequate sleep, your mood gets drastically worse which can cause more stress in your life.
- Exercise makes you more confident which can relieve worry about how you look.
- Lastly, exercise decreases anxiety and depression.
- You can do any type of exercise from running to yoga to sports.

✓ Laughing

- Laughing physically relaxes your whole body for up to 45 minutes.
- Laughing also releases endorphins that make you feel good.
- It instantly improves your mood.
- Humor can change how you view what is stressing you in life. It can take what was making you feel overwhelmed and make it seem less stressful.

✓ Talking

- Sometimes all you need is to talk. You can talk to someone you love or even go to a therapist.
- Expressing your feelings lets you better cope with them.

✓ Writing

- Make a to-do list and scratch off items as you finish them. This can lead to feeling accomplished.
- Write down all your feelings and all your thoughts. Like talking, expressing your feelings in some way may help you feel better.

✓ Use calming scents

- Oils are great to use because you can apply them on your skin, so the scent follows you. Try lavender, vanilla, or any scent that is calming. Avoid scents that energize you since you are already in a high energy state.
- ✓ **Listen to Music**
 - If you tend to “hit the gas” and feel hyperactive when you get stressed, listen to some calming music.
 - If you tend to become depressed when stressed, try some music that is upbeat and exciting.

Unhealthy Stress Relief

Too many people turn to alcohol, cigarettes, and drugs to deal with stress.

Not only are these harmful to your health alone, but they actually make stress *worse* because they keep your body itself in a stressed state. Also, whatever is stressing you out will still be there after you drink, smoke, or do drugs.

Try the healthy methods listed above to relieve your stress.