

April is Stress Awareness Month

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance.



Stress can cause many health problems including:

- Pain of any kind
- Heart Disease
- Digestive problems
- Sleep problems
- Depression
- Obesity
- Autoimmune diseases
- Skin conditions, such as eczema

We all experience stress from time to time. When stress gets to be too much, it can take a toll on our health and wellbeing. That's why effective stress relievers are essential in restoring inner peace and physical health. The major issue about stress is how you deal with your stress. The stress relief tips below focus on taking control of stress by practical means. These self-help stress relief tips focus on a few stress triggers that you can control. Your quality of life, health and happiness depend heavily on how you manage your stress.



Stress Relief Tips

- Eat right and exercise
- Set realistic goals
- Handle important tasks first and eliminate unessential tasks
- Take a break and meditate to slow down
- Reduce the urge to be "perfect"
- Be flexible
- Avoid excessive competition
- Reduce criticism of yourself and others
- Don't stress when expectations are not met
- Manage your anger
- Push away negativity of any kind
- Give yourself "me" time
- Choose to keep quiet when you feel a negative reaction
- Be cheerful, it deflates others stress and anxiety
- Silence your phone at night
- Dab essential oils on your wrist to remind yourself to relax
- Utilize relaxation techniques; Yoga, Meditation, Breathing, etc.
- Laugh and smile more often
- Remember you can only change yourself

It's not stress that kills us; it is our reaction to it. – Hans Selye