

Reduce Stress this Spring

Life is full of stress, and if not properly managed, it can affect you physically as well as emotionally, causing potential issues such as headaches, insomnia, high blood pressure, depression and other serious health conditions.

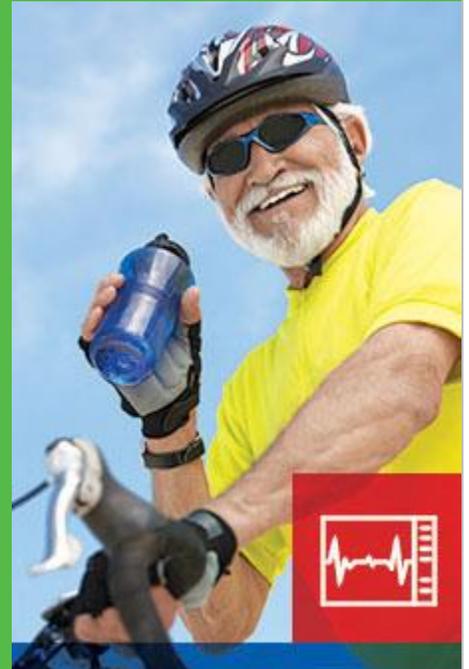
Types of Stress

Stress can either be acute or chronic. Acute stress refers to a stressor in the moment like a fight with a friend, a project at work, or a lack of time to prepare dinner. Chronic stress occurs when a stressor is more pervasive such as marital or family troubles, ongoing problems at work, or money concerns.

Alleviate Stress

There are many ways to reduce your stress. Some of these include:

- **Exercise** – It helps release endorphins that can naturally help you feel better. It can also give you a break or time away from your stressor.
- **Deep breathing** – It can help to clear your mind and regain your composure.
- **Talking about it** – Talk through stressful moments with a friend, spouse, family member, professional or coworker. Holding it in can make stress worse.



Coping with Change



It can be moving to a new location, a divorce, receiving a serious diagnosis, dealing with the loss of a loved one or your child leaving the nest. No matter the reason, there are coping strategies that can help you throughout the event. Here are a few strategies to try:

Reframe your thoughts. For example, if your child is moving out, switch from focusing on your fears or loss. Instead, think about how your child is successfully growing into adulthood, poised for exciting opportunities ahead.

Change your reaction. It's the only part of change you can truly control! For example, if your spouse was recently laid off, rather than become angry about the loss of income, use the experience as a chance to re-evaluate life and affirm what matters most.

Seek support. Whether it is family, friends, coworkers or a support group, having people who you can rely on and talk to helps remind you that you're still the same worthy, capable person and you will make it through the change.

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April is...



National Stress Awareness Month

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