Improve Your Long-Term Health: Reduce Stress

Everyone feels stressed from time to time. Stress is how your brain and body respond to a challenge or demand. Stress can boost your productivity and motivate you to set and accomplish goals. But chronic stress, a constant and prolonged feeling of stress, can negatively affect your health if left untreated. Here are some healthy ways to manage stress.

Build a Social Support Network

Healthy and supportive relationships can reduce stress and improve your overall health and sense of well-being.

Get Enough Sleep

According to the Centers for Disease Control and Prevention (CDC), you should be getting at least seven hours of sleep each night.

Exercise Regularly

Thirty minutes of walking a day can reduce stress and boost your mood.

Think Positively

Focus on the good things, practice gratitude, and positive self-talk.

Set Priorities

Determine what must get done and what can wait. Say no to new tasks if they would put you into overload.

Try Relaxation Methods

Relieve stress and boost your mood by practicing meditation, yoga, deep breathing, aromatherapy, etc.

Seek Help

Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to handle.

For more information, www.nih.gov/health-information/your-healthiest-self-wellness-toolkits

Offices Nationwide: 800.627.3660 **www.NISBenefits.com**