

Stress Management

There are several keys to managing stress. First, one must recognize that a problem is present and try to figure out what is triggering the stress. To do this one needs to be aware of how he/she feels each day. For example, if there is a specific time of the day when you start having feelings of anxiety and notice an increase in heart rate, ask yourself why and then write down the answer. Second, life is full of stressors and many cannot be ignored or controlled. However, you can learn more positive ways of responding to them, which will begin to help you feel like you are more in control. Another key to managing stress is living a healthy lifestyle, which means getting enough sleep, eating right, and engaging in physical activity. Physical exercise is one of the simplest tools to control stress. Exercise and fitness are thought to reduce the intensity of stress and to help recovery from a stressful event. Physical exercise can give people an overall boost by lessening feelings of anxiety, depression, frustration, aggression, anger, and hostility; alleviating insomnia; providing an opportunity to meet social needs and develop new friendships; allowing people to share common interests and problems; developing self-discipline; and providing the opportunity to do something enjoyable and constructive that will lead to better health and total well-being.