

Wellness by the Month

STRESS YOU CAN CONTROL IT

Stress is the way our bodies respond physically and emotionally to change. The change can be anything from a project deadline to rush hour traffic. Since everyone perceives these changes differently, it is important to identify those triggers that cause **you** stress.

Common symptoms of stress include:

- dry mouth
- pounding heart
- fluttering or irregular heart beats
- sweating
- tense muscles
- tiredness
- loose stools/diarrhea.

Identify and address the cause:

- Change unrealistic goals/expectations (try not to be perfect all the time)
- Re-prioritize and make time for yourself
- Delegate a task (don't try to do everything yourself)
- Plan ahead (keep the gas tank above one-quarter full, get up on time)
- Get support (no need to do it all alone)
- Be assertive and learn to say "no"
- Accept what cannot be changed (beyond your control)
- Do one thing at a time (focus on the present)
- Be prepared to wait (anticipate, be patient, bring a book)
- Tackle an unpleasant task early in the day and get it over with

And above all, eat healthy and exercise. Walking 10 – 30 minutes a day is a very effective stress reducer.