

# your HEALTHUPDATE

Coping with Stress

Mister

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## MANAGE YOUR STRESS TO IMPROVE YOUR HEALTH

When you're stressed, your body responds like you're in danger.

Over time, too much of that response can cause negative health effects such as: **headaches, digestion problems, chest pain, skin conditions, and trouble sleeping.**



**Reduce the effects of stress by finding positive ways to cope.**

**UNPLUG.** Take time each day—even if it's just 10 or 15 minutes—to escape from the world. Inward-focused thought and deep breathing has been shown to reduce stress.



**EXERCISE.** When you're active, your body releases stress-fighting hormones called endorphins. Regular physical activity can improve your mood and relax your body.



**MAKE FRIENDSHIPS A PRIORITY.** Social engagement leads to positive emotions, which can reduce the physical symptoms of stress.



**Avoid these unhealthy ways of coping with stress.**

**DRINK ALCOHOL.** Alcohol disrupts the balance of your brain and can cause you to become angry and aggressive, making it harder to deal with stress in the long run.



**BINGE EAT.** Falling back on comfort foods can cause your body to associate negative emotions with eating. This can contribute to weight gain and serious health concerns.



**SPEND MONEY.** Emotional spending can add up quickly and stall your financial goals, leading to more stress.



**Protect your heart.**

Living with unmanaged stress increases your risk for heart disease, high blood pressure, chest pain, and irregular heartbeats.