

How to deal with stress

Body

Limit alcohol and Caffeine

Alcohol and Caffeine can increase cortisol, a stress hormone. Indulge in moderation and drink water

Eat well balanced meals

Don't skip meals and always keep healthy, energy-boosting snacks on hand.

Get enough sleep

It can be helpful to set an alarm at least an hour before your intended bedtime. That way your body is cued to start winding down.

Get a move on

Exercise is one of the best methods for managing stress because it can relieve both the physical and emotional effects of stress

Mind

Put it in perspective

Try to take a step back and ask yourself if this will still matter in a year? In 5 years? If not, take a deep breath and move on.

Accept the things beyond your control

You don't have control of everything but you can control how you react to a situation. Stay calm and be willing to accept emotional support from others.

Think Positive

Negative self-talk increases stress. Positive self-talk can help you calm down and control stress. With practice, you can learn to shift negative thoughts to positive ones. Set reasonable expectations for yourself

Being busy is sometimes unavoidable, but regularly taking on more than you can manage can cause unwanted and unwelcome stress. Tell yourself that it's okay to say no.