

Stay strong through stress



Stress is inevitable, but you don't have to let it get you down. In fact, the body's physiological response to stress is actually preparing you to deal with the stressor head on as it gets ready for "fight or flight" mode. However, most people fail to utilize this response for their benefit and often give in to stress, which generally produces more stress! **Next time you're in a stressful situation, change the way you think about stress and respond to it. You can adapt to your stress through techniques such as:**

Change your response. The only part of stress you can control is your response to it! Rather than letting yourself become worked up, take a step back and recognize that keeping your cool will help you handle the situation more effectively.

Reframe the stress. Rather than thinking about your stress negatively, make it a positive. For example, if helping your parent with a task causes you stress, consider how spending time with them is contributing to your relationship.

Create a plan to get through the stress. Break down the situation into smaller manageable parts. Deal with one part at a time, resolve it and move to the next. Accept that things that are not within your control, and move forward.

Don't let your stress control you. When you start feeling stress, stop it before it becomes overwhelming by taking deep breaths, stepping back from the situation, or developing a mantra, such as "I can do this" to help calm and reassure yourself that you can handle your stress.

Rely on relaxation techniques. When stress rises, channel your energy into something positive such as getting up to take a brisk walk, talking to a loved one, or listening to music—whatever helps calm you down and feel at ease. Deep breathing is a great way to reduce stress. Pause for a minute or two to take slow, deep abdominal breaths to quickly calm yourself.



Everyone deals with stress differently. The key is finding a solution that works for you and your situation!

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answers@HealthAdvocate.com
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