CareFirst ✚ ⛊
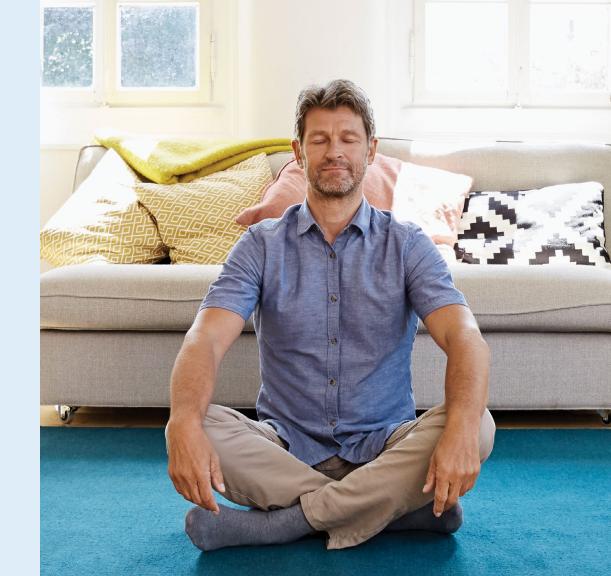
Get a Handle on Stress

A Common Problem

Stress is how the body and brain respond to demands or pressures. Whether caused by the daily pressures of work or finances, or brought on by a change in your routine, it's normal for everyone to feel stress at some point. And, in small doses, it can be a good thing. Stress energizes and motivates you to deal with challenges.

However, too much stress can harm your health. If you are dealing with long-term or chronic stress, you can be at risk of:

- More frequent and severe viral infections
- Heart disease
- High blood pressure
- Sleep problems
- Depression
- Obesity
- Memory impairment

Tips for dealing with stress

There are unhealthy ways to deal with stress such as drinking, smoking, or binging on junk food. Instead of turning to an unhealthy habit, try one of these suggestions for coping with stress:

- **Clean your space.** Visible organization often leads to emotional organization; plus, you'll spend less time searching for misplaced items.

- **Eat a healthy diet and remember to take a break.** Keeping your body fit helps you fight disease. A brisk outdoor walk can clear your mind and renew your energy.

- **Get plenty of rest.** Your body can fight stress better when you are well-rested. Try to get at least 8 hours of sleep whenever possible.

- **Reach out for help.** Talk to someone your trust about your stressful situation, or seek professional help.

- **Make time for fun and relaxation.** Try to do something you enjoy every day and use relaxation techniques (meditation, yoga, etc.) to calm your mind and body.