



# April Is Stress Awareness Month!

Got Stress?? Who doesn't??

Between work, school, kids, parents, we all have things that trigger our stress. Here are some simple tips to help you overcome your problem and make you feel better.

1. **Sleep Better** - We know that not getting enough sleep can be a cause of stress. Really trying to get the recommended 7-8 hours a night can help, so turn off those devices and get into bed earlier!
2. **Exercise** - Take a short walk, dance, do some stretches or yoga. Even a few minutes of exercise increases your blood flow and releases endorphins to improve your mood.
3. **Eat Right** - We tend to grab for the quick unhealthy foods when we are rushed or stressed but trying to eat more fruits, veggies and fish (with Omega 3 fatty acids) have been shown to decrease stress levels.
4. **Drink Green Tea** - Try some green tea over coffee. It has half the caffeine, healthy antioxidants and theanine ( an amino acid) that has a calming effect.
5. **Laugh It Off** - Watch a classic movie or your favorite show. Laughing releases endorphins which increase your mood and decrease the levels of the stress causing hormones cortisol and adrenaline.
6. **Listen To Music** - Listening to calming music or nature sounds can decrease your blood pressure and levels of stress hormones.
7. **Call A Friend** - Talk your problems out with someone, then may be able to offer advice, be a reassuring voice, and help you to put things into perspective.
8. **Breathe** - "Take a deep breath" Try this: sit up in your chair with your feet flat on the floor, hands on your knees. Breathe in and out slowly and deeply, concentrating on expanding your lungs in your chest. It helps to oxygenate your blood, center your body, and clear your mind.

Visit <http://www.healthline.com/health-slideshow/10-ways-to-relieve-stress> for more information and tips