

Living Well Tip of the Week



Over 30% of adults of U.S. experience enough stress to impact their performance at home or work.

(National Science Foundation)

6 Tips to Control Stress

- 1. Lead a balanced life.** Allow time for personal, leisure & family activities as well as work.
- 2. Eat well & exercise.** When you feel good physically it's easier to deal with stressful situations.
- 3. Keep your sense of humor.** Taking time to watch a funny movie or have a laugh with friends can be a great stress antidote.
- 4. Manage your time efficiently.** Begin your day by organizing your work & setting priorities. Be realistic & flexible in the way you schedule: recognize your limitations & allow time for the unexpected
- 5. Give yourself a break.** Develop the self-awareness to recognize when you really need a break, whether it's a walk around the block or a vacation.
- 6. Recognize what you can & can't control.** Finding a balance between wanting to control everything & having no control at all is an important part of managing stress.

**Check out the Living Well Health Manager powered by
WebMD Stress Assessment!**

[https://www.webmdhealth.com/ut_select Assess My Health](https://www.webmdhealth.com/ut_select_Assess_My_Health)

