

TIP OF THE WEEK



Reduce Your Stress

Stress is crucial to survival. When we sense danger, our bodies quickly release hormones like adrenaline to prepare us for action. Chronic stress, however, takes a mental and physical toll on our bodies.

Reduce Stress and Improve Your Health:

1. **Get enough sleep** each night.
2. **Exercise and eat well.**
3. **Build a social support network.** Talk to friends and family about how you are feeling.
4. **Create peaceful times in your day** for relaxation.
5. **Try different relaxation methods** until you find one that works for you.
6. **Contact your local Employee Assistance Program (EAP)** for personal help with managing stress.*


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*www.livingwell.utsystem.edu/EAP.htm