

Live Healthy!



Stress Management

Take a Deep Breath

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Stress Management

Stress is a normal part of life. But, when it gets chronic, problems manifest. Acute stress is the temporary type of stress we feel (typically, a result of the fight or flight response). This type of stress is the most manageable. Our heart rates jump, blood pressures raise, tension headaches may ensue, we become momentarily angry, elated, boisterous, or resentful. But, it soon passes away.

Chronic stress occurs when life's situations get the better of us (events such as an illness, a divorce, and loss of employment, etc). Symptoms like recurring headaches, indigestion, fatigue, and insomnia are vivid warning signs of chronic stress. We can avoid chronic stress by recognizing its warning signs and coping with stressful situations as they occur. Without attention, this level of stress can lead to problems.

Stress management tips

- Take a Deep Breath and Count to Ten (immediately helps with acute stress)
- Switch off coffee and smoking
- Sleep on the problem
- Eat healthy
- Listen to your favorite music
- Exercise, participate in a sport or engage in fun activity
- Plan out your time and prioritize
- Talk to a friend about your problems, don't hold it in
- Take a warm bath
- Get a good night's rest
- Use humor to release tensions. Laughing is found to lower blood pressure, reduce stress hormones, and boost immune function. Laughter also triggers the release of endorphins, the body's natural painkillers.



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Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.