VitaMin
Vital health information in a minute!

Take care of yourself by taking care of your stress.

Are you stressed out?

Too much stress can affect your physical health. Immediate symptoms may include:

- Fast heartbeat
- Headaches
- Stiff neck and/or tight shoulders
- Back pain
- Fast breathing
- Upset stomach, nausea or diarrhea

Stress can also have long-term effects, often making existing health problems even worse. Examples include an increase in high blood pressure or risk for heart disease, worsening stomach problems and a weakened immune system.

Stress can even affect the way you think, act and feel. Mental health symptoms may include:

- Feeling cranky, frustrated and short-tempered
- Feeling tired all the time
- Finding it hard to focus
- Worrying too much about little things
- Feeling that you're missing out on things because you can't act quickly
- Thinking bad things are happening or are about to happen

Take control of your stress

The good news is if you can learn to manage your stress, you can lead a happier, healthier life. There are lots of ways to help get your stress under control. Here are 10 steps to get you started:

- Keep a positive attitude
- Accept that there are some things in life you can't control
- Express your feelings, opinions or beliefs instead of being angry, defensive or passive
- Try using relaxation techniques
- Exercise regularly
- Eat healthy, well-balanced meals
- Get enough sleep
- Just say no to alcohol and drugs
- Lean on friends and family for support
- Manage your time better

Ommmmmm…

Have you ever meditated? Once only practiced in the Eastern world, meditation is now widely used in Western cultures to help reduce and manage stress. It usually involves sitting quietly for at least 15 minutes while practicing quiet, slow, regular breathing.

In addition to being a great stress relief, meditation can be used to treat health problems. It has been shown to help improve drug, alcohol and tobacco addiction; anxiety, stress and depression; high blood pressure; and chronic pain.

Source: www.healthyaging.net; www.WebMD.com