

Battle to your stress!

Your Body's Response to Stress

When you are faced with stress, certain hormones (chemicals in your body) are released. These hormones trigger many changes in your body.

- Heart may pound
- Blood pressure may rise
- Stomach may become tense
- Muscles may tighten

Combat the stress

1) Healthy Life Style

- Get enough rest
- Eat right - no skip meal, low fat diet, whole grains, vitamins, fresh fruits and vegetables

2) Build a Support Network

- Keep in touch with people –friends, families, neighbors and clergy person

3) Put Some Fun into Your Life

- Have lunch with a friend
- Go see a movie
- Plan a fun trip, activities and events
- Take a class on something you always wanted to learn

4) Use Stress relief Relaxation

- Calm your mind and body –find a quiet place, sit comfortably. and focus your mind on one peaceful thought
- Listen to your favorite music
- Deep breathing –inhale deeply to a slow count of 5. Feel your belly, chest and back expand. Exhale slowly to a count of 5.

5) Stay on the move

- Engage in physical activity – walk, swim, and jog
- Stretching – neck, shoulder, arm, back, and leg

6) Ventilate your feeling

- Talk to families, friends
- Write a journal
- Sing a song