

• Are you stressed?

Prolonged stress can have adverse effects on your health and general well-being.

Conditions linked to stress include:

- Migraines and headaches
- Sleep and appetite disturbances
- Cardiovascular disorders
- Diabetes
- Asthma

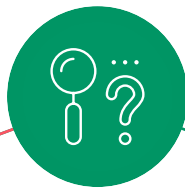
Behavioural symptoms include:

- Social withdrawal
- Anxiety
- Forgetfulness
- Lack of concentration
- Substance abuse

8 Tips for Beating Stress

Laugh and learn

Instead of getting irritated, laugh at life's annoyances and learn from your mistakes.

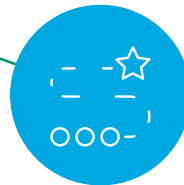


Identify the causes

Is it traffic? Problems at work? Bad news on the TV? What stresses you out?

Keep a schedule

Allow ample time for travel and schedule free time for yourself.



Focus on the positive

Be proud of your accomplishments and celebrate your successes.

Get enough sleep and exercise

Exercise not only improves health and mood, it aids in better sleep.

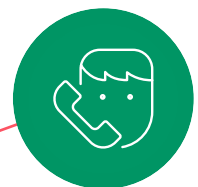
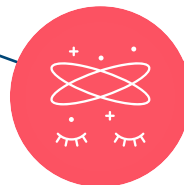


Do things you enjoy

Make and take time to do activities that bring you pleasure.

Meditate

By sitting in a quiet environment and closing your eyes you can achieve relaxation.



Nurture relationships

More interpersonal contact with the right people can help relieve stress.



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