

Keeping Stress Levels in Check

Resiliency and stress are intertwined. The more resilient we are, the better able we are to deal with stress, but the more stressed we are, the less resilient we become. That's why keeping stress levels in check is key to building and maintaining our resilience.

Here are a few tips for managing stress:

- ✓ **Get enough rest.** Doctors recommend seven to eight hours of sleep a night for adults.
- ✓ **Exercise regularly.** Swimming, running, brisk walking, aerobic exercises and other repetitive fitness activities are especially beneficial. Experts recommend exercising at least 20 to 30 minutes three to five times a week.
- ✓ **Engage in fulfilling activities.** Take a little time each day for something you like to do: a hobby, a walk with your partner, an hour with a good book or a home-improvement project.
- ✓ **Avoid caffeine, nicotine and other stimulants.** These common drugs can induce stress and anxiety. A simple step like switching to decaffeinated coffee can have a real effect on your stress level.
- ✓ **Avoid alcohol, tranquillisers and recreational drugs.** These may contribute to anxiety and depression and an increased sense of loss of control.



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