

Prolonged stress keeps the body on high alert and can put your overall well-being and heart health at risk. In recognition of American Heart Month, explore the resources below and visit your Achieve Solutions website to learn more about how you can address stress.



What is stress? Stress takes many forms – and can be useful when it helps you to focus your energy and effort. However, stress can take a toll on your well-being, especially your heart health, when it builds up or lasts for an extended period.

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Stress and your body: Your body's stress response is designed to help you handle short-term stress. But chronic stress can worsen high blood pressure and high cholesterol, which are risk factors for heart disease and stroke.

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Tips to tame acute stress: Stress is a fact of life. And while you can't avoid all the stress in your life, you can learn how to release tension and regain calm and control in stressful moments.

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Stressed out? Work out! Exercise can increase a chemical in the brain that calms the stress response. Exercise also helps you handle stress with less damage to your health and develop a longer "fuse" so you're able to stress less.

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