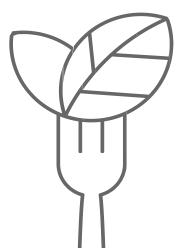


Stress Management Strategies

RIBAR ASSOCIATION

Stress is a part of daily life, but we can learn how to cope and stay in control when the pressure builds. It just takes practice. Experiment with these strategies to build habits that will help prepare you for stressful situations.



Have a healthy diet. Good nutrition is linked to better stress management. Try eating more stress-reducing foods, such as spinach, oranges, salmon, tuna, pistachios, avocados, raw veggies, or low-fat milk.



Exercise regularly. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although you can reap benefits from any type of exercise, it's important to choose one that you enjoy! Try walking, jogging, dancing, bicycling, yoga, tai chi, gardening, weightlifting or swimming.



Practice relaxation techniques. Many people find relaxation techniques, such as yoga, meditation and breathing exercises, very helpful in managing stress. Try out a new breathing technique, such as alternate nostril breathing or belly breathing, to see which one is most effective for you.



Get good sleep. A good night's sleep can help you better manage stress. The average adult needs around 7 to 9 hours of sleep per night. Practicing good sleep hygiene can help you feel calmer and more patient, versus stressed and agitated.



Seek out social support. We are social creatures and all "get by with a little help from our friends." Next time you're feeling stressed, reach out to a friend or family member to share what's going on in your life. A walk or a coffee date (even a virtual one) with a someone you enjoy being around can help you feel more connected and less anxious.



Seek professional help. Many people need help managing stress during different periods of their lives. There is no shame in needing professional help. If your stress persists or becomes unmanageable, reach out to a psychiatrist or a licensed psychologist or counselor. They are trained to help individuals deal with life's challenges so you can focus on "thriving" — not just surviving.

Sources:

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