April is National Stress Awareness Month

We are all stressed at times – but you can practice habits that can reduce its negative effects. Here are some quick tips:

1. **Breathe Mindfully**
   A few times a day, be conscious of your breathing, taking a deep breath in and slowly releasing it. Do this three times in a row.

2. **Exercise**
   Whenever you are physically able, try to move your body for improved circulation and tension release, ideally breaking a sweat if you’re up to it. If not, just move as best as possible.

3. **Write things out.**
   Jot down why you are stressed about a situation and why you feel this way. Then, set it aside and read it after 1-3 days. Just writing it out can serve as a stress release by getting it off your chest.

4. **Communicate Verbally**
   Be sure to express your concerns by communicating with your loved ones.

Want more information about how to keep yourself ahead of stress? Make an appointment with your Provider for sound advice:

Ko-Kwel Wellness Center-Coos Bay  
541-888-9494

Ko-Kwel Wellness Center-Eugene  
541-916-7025