6 Tips for Managing Stress Keep your stress under control

Stress (along with anxiety) causes more lost work days than physical illness or injury, and has been linked to certain types of cancer and heart disease.

To help manage stress, wellness experts at Johns Hopkins HealthCare Solutions share the following tips:

TAKE DIRECT ACTION TO SOLVE THE PROBLEM.

Identify what's causing you stress, then consider possible solutions and the pros and cons of each.



GET REGULAR EXERCISE.

Physical activity helps relieve stress. Aim for 30 minutes of moderate-intensity exercise (like a brisk walk) at least five days a week.

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GET ENOUGH SLEEP.

When stressed, some people have trouble sleeping. Try writing down what's troubling you and keep activities prior to bedtime restful and relaxing.



Include deep breathing, meditation and listening to soft, soothing music. Experiment to find what works best for you.

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MAKE TIME FOR FUN.

Sports, hobbies and socializing offer ways to unwind. Try something new and see which activities appeal to you most.



OPEN UP TO SOMEONE.

Talk to a friend or family member to express your worries, fears and feelings. Discussing your problems with someone you trust is a healthy way to feel better and cope with stress.



