



Safety Matters®

# NEW ME. KNOW ME. CALM ME.

Education and Encouragement for a Healthier, Happier Life.

## Steps to Reduce Stress and Be a Calmer You

Stress is a part of life and is vital to your survival, however, managing it is imperative. Know what your stressors are and what techniques to use to alleviate the negative impacts. If you ever feel over-whelmed or unable to manage it, reach out for help, talk to your doctor and get expert advice and support.



## 10 Things You Can Do To Manage Stress

1. **Exercise Daily for at least 30 minutes** to release endorphins.
2. **Make time to relax** by doing something to clear your mind and slow down your heart rate. Some ideas include meditation, yoga, pilates, and deep breathing.
3. **Get Enough Sleep** and allow your body to heal from the inside out.
4. **Modify your Diet** to include foods that can help "tame" stress by boosting levels of serotonin, which is a calming brain chemical. Add complex carbs which include whole-grain breads, pastas, and breakfast cereals, including old-fashioned oatmeal. These will help make you feel balanced by stabilizing blood sugar levels.
5. **Don't Self-Medicare** with alcohol, drugs, smoking. Using unhealthy behaviors to cope with stress is proven not work.
6. **Avoid too Much Caffeine** which is a stimulant and will increase your level of stress.
7. **Talk to Someone** that you can trust about your feelings.
8. **Manage your Time** by not over-booking yourself, causing you added stress.
9. **Keep a Diary and Take Control** by knowing what your triggers are and how to best deal with them.
10. **Learn to Say "NO"** to invitations or social events that may cause you added stress. It is okay to not do everything, be everything, and everywhere.

**Learn More. Know More.**

Visit [our website](#) for links to more resources and tools.

Stay encouraged for a healthier happier you. Get social with us today!

