



LEARN MOVE EAT LIVE

DISCOVER
YOU!

presented by

 CaroMont Health

Ways to Manage Your Stress

1. Be aware of your response to stress.
2. Recognize patterns of distorted thinking.
3. Re-label changes as challenges, not threats.
4. Use positive statements to enhance your sense of self control.
5. Keep a journal.
6. Accept that some things are out of your control.
7. Exercise.
8. Practice relaxation techniques.
9. Seek help/support.
10. Communicate openly.
11. Commit to a cause.
12. Have faith in something greater.
13. Eat a healthy diet.
14. Exercise increases the release of “feel good” endorphins.
15. Find a hobby or something you enjoy doing.
16. Get creative, use your talents.
17. Play with a pet.
18. Blow it off. Keep things in perspective.
19. Escape from reality. This can be a short escape, such as reading a book, taking a long bath, taking a walk or even a weekend away.
20. Laugh!

It is great for the immune system. Laughter reduces levels of certain stress hormones. Stress hormones suppress the immune system, increase the number of blood platelets (which can cause obstruction in the arteries), and raise the blood pressure (BP).

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