

## Managing Stress

Most of us have felt "stressed out," from time to time, but when this feeling persists, stress becomes chronic and can negatively impact our careers, quality of life, and our bodies. April is stress awareness month. To manage stress, the first step is to pinpoint your stressors. To identify true sources of stress, look closely at your habits, attitude, and excuses. Pinpointing stressors may be difficult because some of them may be very subtle. Sometimes we fail to notice our own stress-inducing thoughts, feelings, and behaviors.

### Tips to Help Manage Stress:

**Pinpoint stressors.**

**Alter stressful situations.**

**Know your limits.**

**Try changing the reaction.**

**Nurture yourself for improved health.**

**Increase your resistance to stress.**

Stress is defined as mental, emotional, or physical tension or strain and too much can negatively impact health. Some ways to lower stress are to make a conscious effort to spend more time in a lower gear, take time in between bursts to rest and recuperate, or learn how to change your point of view and look at the positive rather than the negative aspect of a situation.



## It's April: Start Walking

As the weather begins to warm up ( maybe someday in Siskiyou County) and the days become longer, many of us want to spend time outside rather than being cooped up inside. It is very tempting to sit outside on your deck or patio and enjoy the fresh air but it would be FANTASTIC if you took a walk first. Walking is a great way to start being more physically active. It is free, can be done just about anywhere, and doesn't require special equipment, just comfortable clothes and good shoes.

- ✚ Think baby steps.
- ✚ Start walking 10 minutes at a time.
- ✚ Posture perks.
- ✚ Remember to breathe!
- ✚ Walking and safety.
- ✚ Reward yourself!

As little as ten minutes of physical activity does provide health benefits such as: feeling better about yourself, less chance of being depressed, better sleep quality, stronger muscles and bones, and moving easier.