

# Stress Management

Did you know that researchers have found a link between stress and high cholesterol? Though the reason behind this link is unclear, one theory is that positive and optimistic people live healthier lifestyles — they get more physical activity, follow a healthier diet, and have reduced rates of smoking and alcohol consumption. If you often feel “stressed out”, you may owe it to yourself to learn some stress management techniques.



## Ways to “De-stress”

- Laugh
- Simplify your life
- Relax
- Take a break
- Manage your time wisely
- Find a hobby you enjoy

## Other Potential Benefits of Stress Management:

- Increased life span
- Lower rates of depression
- Better psychological and physical well-being
- Reduced risk of death from heart disease
- Better coping skills during hardships and times of stress



## Think you’re too busy to “take a break”?

### These relaxing activities can take less than 30 minutes:

- **Start a Journal:** Putting your thoughts on paper can help you organize your ideas and worries. This can help you identify the stressors in your life.
- **Yoga:** Once you learn proper yoga techniques, this is an activity you can do at home or even in your office at work!
- **Meditation:** Take a few minutes each day to clear your mind and relax. Playing soothing music or lighting your favorite candle can enhance your meditation time.
- **Take a walk:** It gives you time to think (and it’s good for your heart too!)