

Self-Care Starts with Being Stress Aware

Whether it's the demands of work, personal relationships or financial stress, stress can take a toll on your mental and physical well-being. Stress awareness is the first step toward maintaining a healthy and balanced lifestyle.

Here are some of the ways stress can impact your life:

- **Health:** Unmanaged stress can contribute to a range of health issues, including cardiovascular problems, weakened immune system and mental health disorders.
- **Work and life:** Chronic stress can take a toll on your ability to focus at work and can disrupt the time you spend with family and friends.
- **Relationships:** Stress can strain relationships which may lead to misunderstandings and conflicts with people who are close to you.
- **Energy:** High levels of stress over an extended period can cause burnout which impacts your ability to function normally.

Knowing how to identify the signs of stress can help you manage its effects on your overall health.

Tips for Effective Stress Management

 Practice Mindfulness	 Establish Work-Life Balance	 Get Regular Exercise
Try meditation, deep breathing exercises or journaling	Coordinate personal and professional commitments	Ease tension and promote natural stress relievers
 Make Healthy Lifestyle Choices	 Manage Time Effectively	 Seek Social Support
Focus on a well-balanced diet, staying hydrated and adequate sleep	Prioritize tasks, set goals and create manageable projects	Lean on friends, family or coworkers

When you find what works for you, practice the techniques until they become habits, and keep in mind that coping with stress is a skill. You will get stronger with practice!

If these tips don't provide the support you need and you are still feeling overwhelmed, consider contacting a professional counselor or therapist.