

Get off the **stress** express!

Are you feeling tense and anxious? Worried about the future? Unable to sleep?

These are classic signs of stress—a problem that affects millions of people every day.

Stress itself is not a bad thing. It can even help you perform at your best. But when stress becomes too much to handle—or lasts a long time—it can increase your risk for serious health problems. These include heart disease, high blood pressure, obesity, and depression.

3 steps to lowering your stress

Step 1: Spot your triggers

Everyone is different. Some people are stressed by a job change, while others are stressed by family issues. Other common causes of stress include money problems, conflicts with others, and feeling pressured or rushed.

Knowing the cause of your stress can help you control it.

Step 2: Start managing your stress

- Think ahead and make a to-do list
- Prepare yourself in advance for stressful events
- Seek the support of friends and loved ones
- Take time to relax and enjoy your life
- Get plenty of sleep and regular exercise
- Avoid drugs and alcohol

Step 3: Visit MyActiveHealth

At the ActiveHealth website, you'll find lots of tips for living a healthier life.

Check it out today—and start actively managing your stress!

