

Mission In Motion
Health & Wellness
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News from the Blues
Share the Wellness
Fall Tip

Let Stress Fall from Your Autumn Schedule

A sledgehammer. A ton of bricks. Call it what you will. When stress hits you, you feel sluggish, harried and short-tempered.

Sometimes stress can be good. Stress can help you learn to manage potentially threatening situations in life. But stress can be harmful to your health and well-being if you are feeling out-of-control or overwhelmed.

While you can't avoid stress, you can stop it from dragging you down. Here's how:

- Learn to take care of yourself. Schedule at least 20 minutes every day just for you. Crack open a book, go for a stroll, or do something else you enjoy.
- You don't have to be a "yes" man or gal for every volunteer opportunity. Your time is important, too, and you have the right to say "no" and put yourself first sometimes.
- Take notes about what you have to do and break down large goals into doable steps. Then, set realistic deadlines for achieving each step. When things pop up and change your time frame, be flexible enough to roll out Plan B.
- Avoid drugs and alcohol. They may seem to help, but can end up causing more problems.
- See the good as well as the bad. Write down or make a mental note of all the positive things that happen each day.
- Look at other brain drains in your life besides stress. Not getting enough sleep or drinking enough water can snuff out your energy. On the other hand, eating right and exercising regularly can help prevent stress.

For more information on preventing stress, visit the health and wellness section of the Blue Cross and Blue Shield of Texas website.

Sources: Centers for Disease Control and Prevention, www.livestrong.com