

The greatest weapon against stress is our ability to choose one thought over another. - William James

78%

Of U.S. population regularly experiences physical symptoms caused by stress

73%

Of U.S. population regularly experiences psychological symptoms caused by stress

Top Causes Of Stress In The U.S.



Job Pressure



Money



Health



Relationships



Poor Nutrition



Media Overload



Sleep Deprivation

Healthy Ways to Manage Stress



Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.



Take a time out.

Practice yoga, listen to music, meditate, learn relaxation techniques. Stepping back from problems helps clear your head.



Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.



Focus on what you can control.

Determine which items are within your control and which are not within your control. Accept what cannot be changed and take action on what can be changed.



Take time for exercise

Research shows that exercising can relieve stress, improve your mood and help you sleep better.