






## Dealing with **STRESS**

Stress is a constant influence in our lives, it can be a positive influence by pushing us to do our best, maintaining quality in our work performance and striving to be the best person that we can be. However it can also be a very negative influence, affecting the way we treat other people, taking us away from time with our families and detrimental health affects. Balance is the key to so many things in our lives, and this is no exception.

### Keys To Success:

1. Get at least 8 hours sleep nightly. 
2. Exercise daily. Believe it or not, this is one of **THE BEST** stress reducers and it increases your energy level. It doesn't matter what you do, just do something.
3. Eat a healthy breakfast every morning, including a protein, grain and fruit i.e. egg, toast and orange juice; or cheese toast with orange juice.
4. If you have a long day ahead of you, make sure to include some 10-15 minutes break times to allow your body a moment to relax. 
5. Consider having a professional massage as a reward for all you do for others.
6. Make your snacks count. Don't waste it on empty calories with little or no nutritional value, consider instead: baby carrot sticks, low sodium pretzels, cheese and crackers, etc—these are all things that you can pack in a Ziploc bag in your purse and keep for your day.
7. Instead of drinking sodas during snack breaks, keep a bottle of water with you so that you can sip on it throughout the day. There are plenty of ways to spruce up the flavor these days.
8. Consider this a good time to add a complete multivitamin to your daily routine; this will help with overall nutrition and energy levels. 
9. LISTEN to your body- if it telling you that it is tired and worn out, it is a signal to add in some extra rest or sleep time.
10. Don't forget the cliché... Don't sweat the small stuff, and it's all small stuff. Your family cares for you; you do not have to be superman / woman. Learn to let things go.



Learn to ask for help before you are overwhelmed!

