

Stress and Your Health

Stress is a fact of life, whether it is in your work, school or home environment. A certain amount of stress is good if it is controlled. But, uncontrolled stress can be destructive to your individual health and well being.

The skills of stress management can be learned! The first step is to identify your stressors – the things that cause stress for you. Remember that each person is different, what stresses one person may not stress another. In this step, write down honestly the things that cause stress for you. Awareness is the first step toward growth or change. Stress left unmanaged can become detrimental to your mental and physical health.

When your day is full of activity and if you maintain a hectic schedule, the things that usually falls by the wayside is time spent for personal management: exercise, eating properly, relaxation, time with family, or quiet time by yourself.

Here is a simple list of things that may help you reduce or even control your stress-

1. Prioritize your to-do list. This way you address the most important thing first.
2. Practice good time management. Many people state that they ‘just don’t have the time.’ They just don’t have the time for exercise, for family, for reading, for cooking, for hobbies.... If you prioritize your time, your day and your life; you will have the time to do anything that you want to.
3. Exercise on a regular basis. One of the most effective ways to control stress is through regular exercise. Exercising regularly can help increase your well being, both physically and emotionally. Walking, jogging, swimming, or bicycling are a few easy ways to create a strong, healthy body and mind.
4. Practice proven relaxation techniques. It has been proven that through relaxation techniques such as meditation, visualization, yoga, or even some hobbies, you can lower your heart rate, lower your blood pressure, and even improve your body’s immune response.
5. Feed your body properly. A proper diet can give you a great increase in energy and help to keep your body filled with the vitamins and nutrients it needs. Avoid caffeine, smoking and alcohol.
6. Feed your mind positively. It is easy to wallow in negative thoughts. You must make a consistent effort to overpower the influence of negativity. Look for the good things in your work, in your co-workers, your family, and yourself.
7. Stimulate your creative centers with hobbies and outside activities. Do something that you really enjoy and do it on a regular basis. The change will reduce stress and fatigue while refreshing the creative part of your mind.
8. Communicate effectively. Communication skills are the bottom line to your success and happiness. No matter what your role is in the office or at home, how well you communicate makes all the difference. Improving your listening skills, speaking skills and ability to handle difficult people and situations properly are some examples of skills that may need to be addressed. Develop these skills and

- you will develop personal and professional relationships that are healthy and stress controlled.
9. Organize. Eliminate chaos and try to do things right the first time.
 10. Eliminate. Remove the things in your life that are not working. Get control of your life instead of letting your life control you. Learn to ignore what you cannot control, and learn to control what you can. All of life is a matter of choice.
 11. Strive to achieve balance in your life – a balance between love, work, worship and play. This is easier said than done, but the positive results make your efforts worthwhile. If you feel out of sorts, look carefully at these four areas of your life; analyze where the imbalance lies and work on re-establishing it. Balance equals stress control.

Stressful things in your life will never be eliminated, but they can be controlled. Give those with whom you work, your trust and confidence. Be patient, understanding, and honest. Give those you love more of your time and attention. Give yourself rest, proper nutrition, exercise, relaxation, play, dreams, and goals. Sorry that this sounded like a sermon, however, I hope that this list helps you through this stressful period. Please call us at the office at 513-871-4411 or 937-382-3008, if we can be of any assistance.