

7 SIMPLE WAYS TO REDUCE STRESS

Stress is a normal part of life. But when this feeling becomes too overwhelming, it can take a toll on your health.

If you, your child, or someone you know are thinking about suicide or self-harm, call or text 988, the National Suicide & Crisis Lifeline or go to the nearest hospital emergency room.

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CREATING A HEALTHIER KENTUCKY
At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

Here are some proven ways to manage your stress:

1. **Get active.** Exercise can help reduce your stress levels and boost your mood. Pick an activity that you already enjoy so that you look forward to it.
2. **Eat a well-balanced diet.** Consuming nutrient-rich meals with a variety of fruits and vegetables is key to both your physical and mental health. Try to avoid excessive amounts of caffeine or alcohol.
3. **Limit your screen time.** Spending too much time on your phone is associated with higher stress levels and troubled sleep, which in turn can also contribute to stress.
4. **Connect with loved ones.** Spending time with a friend or family member can bring you a sense of calm. Having a strong support system can help you get through difficult times, too.
5. **Try meditation.** Meditation can take many forms. You could repeat a mantra, or word or phrase, accompanied by deep breathing techniques, or you could simply sit still and appreciate the moment.
6. **Set boundaries.** If you already have too many responsibilities on your plate, it's OK to say, "No." Taking on too much can only add to your stress.
7. **Journal your thoughts.** Writing down your feelings is one way to release pent-up emotions. This journal is just for you, so you can be as honest as possible.



Fast fact

If left unchecked, stress can increase your risk for several health conditions, including cardiovascular disease and diabetes.