

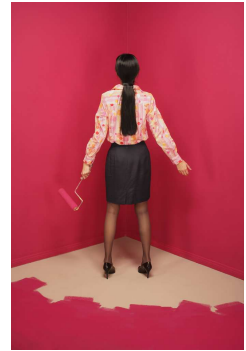
Manage Stress



Stress influences almost every aspect of life. It can impact your ability to sleep, how much you eat and your motivation to exercise. Stress can also decrease your productivity and affect your general health. For all the ways stress can control your life, there are just as many ways to manage and prevent it.

If you can answer yes to any of the following you may be experiencing high levels of stress in your life. Have you:

- changed your sleeping or eating habits?
- had trouble communicating with friends, family or co-workers?
- had trouble with your work performance?
- increased alcohol, tobacco or drug use?



Use these strategies to help prevent and manage stress:

- Be physically active
- Seek support from friends, family or co-workers
- Improve skills in time management, organization, basic money management and interpersonal communications

Be aware that stress can significantly impair your quality of life. Seek aid from your Employee Assistance Program and/or health care provider when appropriate.

Ten-Minute Tips

Manage stress every day by taking 10 minutes to:

1. Be active. Take a walk or bike ride—just move
2. Take a stretch break or close your eyes and take deep breaths
3. Write your thoughts in a journal or diary
4. Make a “To-Do” list for the day or week
5. Talk about a problem with a friend, family member or co-worker
6. Laugh out loud— read a funny book or watch a comedy show
7. Start the day on the right foot by getting up earlier

Remember to give yourself a point each time you complete a tip!

WORKSITE WELLNESS TURKEY PROGRAM

Ten-Minute Challenge



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

