

Stress

Stress is a part of my life. I shouldn't worry about how to eliminate stress; instead, I should focus on managing it better.

Stress can cause headaches, fatigue, muscle tension or pain, restlessness, lack of motivation, overeating or undereating, and weight gain, which all play a role in my health.

Put things into perspective. Don't worry about things that are not in my control. Work on the biggest priority items first.

Let it go. No matter how bad I feel right now, it will change. Stay positive! Learn from my mistakes and let go of things I cannot change.

Set time aside each day for stress-relieving activities:

- Be physically active.
- Pamper myself without food.
- Get at least 8 hours of sleep each night.
- Disconnect- put the phone down, turn off the computer or television.
- Take charge of my time- make a schedule only including things that I can realistically complete in one day.
- Recognize that perfection **does not** exist.

Questions to ask myself:

- What triggers cause me to feel "stressed out?"
 - Job? Children? Time? Driving? Food? Exercise?
- How well do I manage the stress in my life?
 - I will try to deal with one stressor at a time. I **am** in control.
- Do I have relaxation time?
 - I will set aside time each day to unwind and relax, (i.e. deep breathing, meditation, or yoga).
- Do I worry about my future?
 - I will set short term and long term goals that are realistic and achievable. I will not forget to celebrate my successes!
- How much support do I have from my family and friends?
 - Ask my family for accountability. They can help me reach my goals!

Pleasure

Life is full of simple things that can bring me joy every day. Don't focus on all the things I can't, won't or haven't done yet. Instead, praise myself for all the positive changes I have made so far.

Ways to bring more pleasure into my life:

- If I don't enjoy an activity, I am not likely to continue doing it. Instead, choose activities I enjoy.
- If I don't like a certain vegetable, I am not likely to eat it. I should choose vegetables I do like.
- If I set a goal to walk or run for physical activity, but I struggle doing those things, I am not likely to get much exercise. Instead, I should try something else like swimming or yoga.

Everyone finds pleasure in different things; I just have to find what's right for me.

Finding Pleasure Can:

- Boost self-esteem and attitude.
- Relieve stress and anxiety.
- Help me be more active.
- Contribute to the success of my goals.
- Allow me to enjoy the experience of life.

Questions to ask myself:

- Do I allow myself to experience the joy of living?
 - I will find activities that I enjoy doing and have fun doing them!
- Do I celebrate the small victories?
 - Whether I am making big leaps or taking baby steps toward my goals, progress is progress. I will stay positive and my success will follow!
- Do I say nice things to myself?
 - Giving myself compliments and keeping a positive attitude will help me feel better about myself and encourage me reach my goals.

WELLNESS NOW

