



PWA INSURANCE SERVICES
focusing on the RIGHT solutions



Stress

Everyone deals with stress and actually a small amount is good. But if you are constantly stressed this can lead to serious health problems. Learning to manage your stress may take some time, but the benefits are enormous.

Why Is Stress Bad?

When you are stressed, your body reacts like you are in danger, causing a release of hormones. These hormones speed up your heart, make you breathe faster, and give you a burst of energy. When the threat is gone, your body should return to normal. The problem is that in today's high-stress society your body may not have the chance to reset. If not managed, stress can affect your immune system, heart, muscles, stomach, reproductive organs, lungs, and skin.

Why Is Stress Good?

A small amount of stress can help you focus, initiate change, win a race, and in some cases save your life.

Stress Relief

Stress relief is different for each person and trying different ways to relieve stress is the best way to know what works for you. Try the following:

- **Exercise**—Regular exercise is one of the best ways to manage stress.
- **Write**—Keeping a journal is a great way to figure out what's bothering you.
- **Relax your body**—Relaxation techniques are extremely helpful in relieving stress. Try breathing exercises, massage, aromatherapy, yoga, or tai chi.
- **Focus on the present**—Try meditation or listening to relaxing music.
- **Take care of yourself**—When you feel good it is easier to deal with stress. Get a good night's sleep, eat a healthful diet, and avoid alcohol, cigarettes, and drugs.
- **Distract yourself**—Watching a funny movie or reading a good book can help take your mind away from unproductive worry.
- **Positive thinking**—Stop and evaluate your thoughts throughout the day. Are they positive or negative? Try reframing negative thoughts in a positive way.

Wellness