

DEALING WITH STRESS

HealthReachCommunity Health Centers
A nonprofit 501.c.3 organization.

Health Tips for healthy living.

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'Tis the Season...

The holiday season is often a stressful time. Stress is simply an individual's reaction to change. Reactions can range from the physical to the psychological. Here are some helpful tips to keep in mind this holiday season and throughout the year.



Want to De-stress? Lighten your load.....



- o **Let go:** Remember, you cannot control outside events, but you can control how you react to them. Try to focus on the small things you can control.
- o **Exercise:** Set a reasonable small goal such as walking ten minutes three times per week. Once you achieve goal #1, set another one.
- o **Sleep:** Attempt to catch between six and eight hours a night (for adults).
- o **Relax:** Try to slow down your breathing in times of stress and concentrate on taking deep breaths. For an additional challenge, take a yoga class or use a relaxation tape.
- o **Talk to a friend:** Reach out to a long-lost or new friend. Your friend may need help in managing stress too!

Don't let the holidays and bills get you down this holiday season. Take time to take care of yourself and deal with stress accordingly.

Is life completely overwhelming for you? Consider talking to a mental health professional. Ask your health care provider if you need a resource.

Additional Resources and Sites Used:

<http://www.americanheart.org/downloadable/heart/110167971464923%20HowCanIManageStress.pdf>
<http://www.mayoclinic.com/print/stress/SR00001/METHOD=print>
<http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/hm/index.htm>

HealthReachCommunity Health Centers



12 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health Center – Strong
Strong Area Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls