



10 TIPS FOR MANAGING STRESS

Wellness Tips

If you are ever feeling anxious or stressed, you are not alone. We sometimes forget how important self-care really is and tend to focus more on our physical health. However, taking steps to manage your stress and anxiety is just as important as your physical health, and should be one of your top priorities.

Here are 10 simple tips to relieve stress and anxiety:



1

Complete a stretching routine daily

It's important to get up from your desk at least once an hour to stretch. Stretching helps you feel energized and confident.



2

Stay hydrated

Drinking lots of water throughout the day is the key to a healthy body. All of our organs, including our brains, need water to function properly.



3

Get more sleep

Try to wake up and go to bed around the same time. Having a consistent schedule helps to achieve a more restful sleep pattern.



4

Eat regularly scheduled meals

It's important to stay on track with good nutrition. Ordering takeout or delivery meals may be a good option on occasion as it helps support local businesses and gives you a needed break from cooking every day.



5

Get some fresh air

Taking a step outside is sometimes all you need to put your mind at ease. Taking a brisk walk will help you to clear your head and feel refreshed.

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Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.



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6

Take a break from watching the news

Set limits for consumption of news and social media. It's good to be informed but being bombarded with stressful news can take a toll on your mental and emotional health.



7

Listen to music

Research has proven that listening to music lowers blood pressure, boosts immunity and eases muscle tension.



8

Exercise to reduce anxiety and stress

There are endless free virtual resources on YouTube or free Apps. Search for your favorite workout and choose activities based on your fitness level between beginner to advanced.



9

Set boundaries by setting up a designated workspace free from distraction

Make sure everyone in your family knows that you're working, not on a vacation.



10

Create routine

It's tempting to sleep in and take advantage of what once was your commuting time but having the same routine as if you were at the office will help you feel more productive and focused.

Almost everyone is impacted at some time with added stress and anxiety. It's easy to ignore our own needs. If you feel that you are experiencing excessive stress or anxiety, be sure to reach out for assistance. The Innovative Team can direct you to appropriate resources.

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