



Recognize the Signs of Stress

It's normal to get stressed out. You may worry about your health, family, work, finances, or current events. But if you frequently find yourself feeling overwhelmed or withdrawn, you could be suffering from chronic stress. Other signs include:¹

- Anxiety
- Loss of interest
- Fatigue
- Stomach problems
- Depression
- Problems sleeping
- Lack of focus
- Muscle tension, headaches

To reduce stress:

- **Learn how to say “no.”** Know your limits and stick to them.
- **Express your feelings.** Instead of bottling them up, communicate your concerns in a respectful way.
- **Look at the big picture.** Ask yourself how important it will be in the long run.
- **Accept the things you can't change.** Focus on the things in life you can control.



Wellness Webinar Series

Work, life and you: Learn how to balance it all.

April 20, 2021 | 10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars2.html>

1. Help Guide, “Stress Symptoms, Signs, and Causes”, May 2020,
<https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm>



Coach's corner

As an onsite wellness coach, Claude enjoys helping people integrate well-being in their everyday living so they can be healthy and happy.

Coach Claude
MHA, CSHE

Claude's well-being tips:

Self-care is important practice when creating balance in work and personal life. Here are some things you can do for yourself:

- Exercise - get 2.5 hours of moderate intensity physical activity each week.
- Sleep - aim for at least 8 hours of sleep nightly.
- Connect with others - check in with a phone call or text regularly.
- Eat fruits, veggies and whole grains - you'll get more energy throughout the day.



Honey-Soy Broiled Salmon

Get your Omega-3's with this easy recipe.

Find more seafood recipes at:

MyActiveHealth.com > Resources > Learning Center.



For more tips on how to manage your well-being, visit MyActiveHealth.com



Relationships can improve your resiliency.

Building a network of good listeners can help alleviate stress. Friends and family members who you can lean on can have a calming effect after a stressful situation.

Here are a few tips for building relationships:

- **Ask a loved one to check in with you regularly.**

Knowing there are people you can turn to can provide a sense of relief and calm.

- **Go for a walk with a workout buddy.**

Exercise can be a natural mood-lifter.

- **Confide in a clergy member, teacher, or sports coach.**

Having someone to lean on can help you cope with stressful events in your life.

- **Track down old friends on social media.**

Video call when you can. Having a circle of friends can prevent loneliness.

