

TIP OF THE WEEK



Reduce Your Stress

Stress is crucial to survival. When we sense danger, our bodies quickly release hormones like adrenaline to prepare us for action. Chronic stress, however, takes a mental and physical toll on our bodies.

To Reduce Stress & Improve Your Health:

1. Get enough sleep.
2. Exercise and control your diet.
3. Build a social support network.
4. Create peaceful times in your day.
5. Try different relaxation methods until you find one that works for you.
6. Contact your local Employee Assistance Program (EAP) for personal help with managing stress.*

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make it a priority

THE UNIVERSITY of TEXAS SYSTEM

*www.livingwell.utsystem.edu/EAP.htm