

# 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.*

### Reduce Stress and Improve Your Health:

1. **Get enough sleep** each night.
2. **Exercise and eat well.**
3. **Build a social support network.** Talk to friends and family about how you are feeling.
4. **Create peaceful times in your day** for relaxation.
5. **Try different relaxation methods** until you find one that works for you.
6. **Contact your local Employee Assistance Program (EAP)** for personal, professional help with managing stress.\*

  
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\*details at [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu)