

HEALTHY LIVING CHRONICLES

Useful Tips to Manage Stress



Many of us have very busy and sometimes stressful lives. Dr. Tara Edwards-Booker, Doctors Community Practices at Riverdale, shares a few tips to help us reduce or avoid stress while fulfilling our daily obligations.

Meditate

Inhale and exhale. Take a few minutes each day to clear your mind and reflect on the positives in your life. Meditation can help you gain control of your thoughts while creating a sense of calm and peace.

Plan Ahead

Create a to-do list. Planning ahead can help you avoid making spontaneous and regrettable decisions that may later become sources of stress.

Stick to a Budget

Avoid shopping temptations. Sometimes, special sales or discounts seem too good to ignore. However, remember that money is the number one source of

stress for many Americans. So, it is best to develop a budget and stick to it.

Eat Healthy

Resist the urge to overindulge and choose healthy snacks. Over eating and poor eating habits may create feelings of guilt and lead to stress.

Exercise

Make time to workout. Exercising can help you clear your mind and release “feel good” hormones known as endorphins. It can also help you lose those extra pounds.

Talk with your healthcare provider if you have feelings of depression.





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Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

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