

Stress Management

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Too much stress is a problem that affects almost everyone at some point in life. Recognizing that you are overstressed, learning to cope with stress, and understanding what factors are causing stress can help you improve both your physical and mental well being.

Stress has physical and emotional effects and can create either positive or negative feelings. In small doses, stress can increase our energy and alertness, so that we perform at a high level. But overwhelming stress takes a heavy toll on the body. Some possible signs of unhealthy stress include:

- Anxiety
- Depression
- Fatigue
- Relationship problems
- Weight gain or loss

The negative feelings of stress can also lead to health problems such as headaches, high blood pressure, and heart disease. Studies have shown that stress is a factor in nearly 75% of illnesses.

Your goal should not be to eliminate stress from your life, but to learn to manage it - determine the optimal level of stress that you can use as a motivator. Here are some simple tips that can help you manage your stress.

- Set realistic goals
- Exercise regularly
- Eat well-balanced meals
- Get enough sleep
- Do not worry about things you can't control