



Learning to Relax

Stress is part of life, but it doesn't have to be a way of life. With a little effort you can build your resistance to stress and learn to relax. Here's how:

- **Eat healthy.** Maintaining a well-balanced, nutritious daily diet increases your energy level and ability to deal with stressful situations.
- **Avoid cigarettes.** Smoking, while momentarily calming for many, worsens stress in the long run.
- **Drink in moderation, if at all.** Learn other ways to relax and blow off steam.
- **Exercise.** Proper exercise releases endorphins, the body's natural stress busters.
- **Keep a positive outlook.** Studies show that optimistic people are more mentally and physically healthy than those who take a negative approach.
- **Work on Mindfulness.** Mindfulness, which is the practice of being more aware in the present moment, is one of the most effective ways to respond to personal stress.

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