

STRATEGIES for MINDFUL LIVING

Courtesy of UAB Employee Assistance & Counseling Center

Tips for Managing Stress

April marks National Stress Awareness Month and it comes at a time when stress is more common than ever in our country. According to the American Psychological Association's most recent Stress in America poll, the average stress level for U.S. adults last year was a five out of 10, with one signifying "little to no stress" and 10 "a great deal of stress."

Stress can affect your body, thoughts, feelings and behavior. Left unchecked, stress can contribute to health problems, including high blood pressure, heart disease, obesity and diabetes.

Being able to recognize common symptoms of stress can help you manage its impact. If stress is affecting your mental health, you may notice symptoms such as anxiety, depression, irritability, panic attacks, sadness, restlessness and lack of motivation.

If this sounds familiar, here are some healthy ways to help manage stress.

