



Quick tips on managing stress

Stress is a natural part of life. It comes from positive and negative events, such as getting married or losing your job. Your thoughts, feelings and personality influence how much stress affects you and your life. Too much stress may have damaging effects to our physical health. Some common conditions affected by stress include high blood pressure, heart disease, headaches, insomnia and backaches. The best way to manage stress is different for each person. It is good to try several methods, such as exercise or getting plenty of sleep every night, to find what works for you. Here are a few simple things you can do to manage your stress on a daily basis:

Practice good time management

- Make a list of what needs to be done. Decide what's most important and choose which things can wait until later.
- Be aware of your own limits.
- If you really cannot do something, ask for help.

Manage expectations

- Talk to family and friends about the standards you have for yourself and get their feedback. Share your feelings and concerns with others.
- Step back from stressful events and consider its importance. Sometimes things seem worse than they really are. Decide how much time and effort you should give to each situation.

Live a healthful lifestyle

- Try to engage in 2 ½ hours of physical activity each week to release tension. Walking, dancing aerobics, sports, and gardening are just a few ways to stay active.
- Eat healthy meals that include plenty of fruits, vegetables, and whole grains. Limit caffeine and alcohol which may cause problems with sleeping.

For more information

Visit kp.org

- Get information about stress from the Health Encyclopedia
- Sign up for free, online personalized Healthy Lifestyles Programs: Relax[®] gives you tips for relieving and preventing stress. Overcoming[®] Insomnia gives you tips to get a good night's sleep.
- View our online video on stress management at kp.org/watch.

Call Kaiser Permanente Behavioral Health Services

- If you are a Kaiser Permanente member, you can call Behavioral Health at 1-866-530-8778, TTY: 711. You do not need a referral from your doctor.

Take our Stress Management health class

- Register for this class or other healthy living classes by calling the Regional Health Education Department's automated line at (301) 816-6565 or 1-800-444-6696 or view the schedule online at kp.org/classes.

Call Kaiser Permanente Medical Advice

- Talk to your medical advice nurse 24 hours a day, 7 days a week by calling (703) 359-7878 or 1-800-777-7904; TTY: (703) 359-7616 or 1-800-700-4901.