

Stress Management Tips

Stress can help make you more productive but, when left unchecked, can cause a number of serious health problems. Here are some ways to help you manage stress:

- Exercise regularly
- Get sufficient sleep
- Plan for and follow a balanced diet
- Drink alcohol in moderation
- Maintain a healthy weight
- Balance work and play
- Delegate tasks appropriately; don't try to do everything yourself
- Spend quality time with friends and family
- Resolve conflict in a timely and respectful manner
- Take psychological health seriously. Seek professional assistance if bothered by feelings of depression or other signs of mental illness
- And last but not least, never underestimate the health benefits of playing with your pet

No single strategy to reduce stress will work for everyone. Find techniques that work for you and then stick to them.

Courtesy of the AVMA.