

Address Your Stress

Tips for Recognizing & Managing Stress

Hints for Health from Elara Caring



Ways to Maintain Positive Mental Health

- ✓ Recognize warning signs of a problem with mental well-being
- ✓ Eat a healthy diet
- ✓ Get enough sleep
- ✓ Be physically & mentally active
- ✓ Connect with others
- ✓ Develop new coping skills
- ✓ Ask for help



Warning Signs of Stress Overload

- ✓ Eating or sleeping too much or too little
- ✓ Pulling away from people and usual activities
- ✓ Having low or no energy
- ✓ Feeling numb or like nothing matters
- ✓ Feeling helpless or hopeless
- ✓ Smoking, drinking or medicating more than usual
- ✓ Feeling unusually confused, forgetful, on edge, angry, worried or scared
- ✓ Yelling or fighting with family and friends



Food and Drink

- ✓ Your ability to handle stress can strengthen (or weaken) depending on the foods you choose to fuel your body and your brain.
- ✓ Stay hydrated! Choose water, low sugar and caffeine free liquids.
- ✓ Meal planning starts BEFORE going to the grocery store.
- ✓ Make a list of healthier foods that you will look forward to eating.

Feed Your Cravings

- Crunchy: Nuts or seeds
- Main Course: Lean and unprocessed meats, eggs
- Volume: Steamed or baked veggies, grains
- For the Heart: Fish, leafy greens, avocados
- Carbs: Choose whole grain
- Sweet: Fruit, berries, yogurt, honey, dark chocolate

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Rest

Getting the right amount of sleep can dramatically affect our mental wellness.

Tips for Improving Sleep

- ✓ No electronics 60 minutes before bedtime.
- ✓ Keep activities, other than sleeping, in other rooms (paying bills, watching TV, paperwork, computer work, etc.)
- ✓ Bump down the thermostat at night so your bedroom is cooler than the daytime, or use a fan at night for added cooling and white noise effect.
- ✓ Reduce or eliminate alcohol or caffeine intake.
- ✓ Limit light in your sleep space, including digital clocks.



Activity

Movement vs. Exercise Our bodies need movement in order to thrive! Healthy movement does not necessarily mean going to the gym or running a 5K!

Choose activities you enjoy to stimulate your body and your brain!

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|----------------------|---------|--------------|
| ✓ Walk | ✓ Paint | ✓ Dance |
| ✓ Garden | ✓ Write | ✓ Go fishing |
| ✓ Play with your pet | ✓ Sing | ✓ Volunteer |



Connection

Isolation and feeling alone can make even small stresses seem overwhelming. Everyone needs help sometimes, or just a shared meal or conversation. Be intentional about including others in your world.

- ✓ Buddy: Establish a buddy system; call or check in with your buddy daily.
- ✓ Teach: Is there someone who wants to know how to embroider, crochet, change a tire, bake your famous apple pie? Plan to meet up!
- ✓ Learn: There is great joy in discovering a new hobby or skill! Do you want to learn a new recipe? Have questions about your new phone or gadget? Schedule a 30-minute “class” with an expert friend, grandkid or even search online content to find information about topics that interest you.
- ✓ Seek Professional Help: Coping with stress is serious! If you find yourself thinking of harming yourself or others, experiencing severe mood swings, or unable to perform daily tasks like eating, sleeping or being safe in your home, please ask your doctor, an Elara Caring representative or a trusted friend for help.

Do you have questions or concerns?

We Can Help
elara.com