Our Healthy Minds

Tip Sheet:

Managing Stress

Take time to relax. Try to make time in your day to to unwind, reflect and enjoy.

Reduce tension. When your body feels relaxed, you feel more positive and healthy. Relaxation exercises can help you achieve this by stretching your muscles, getting more oxygen into your body, and encouraging pleasant thoughts.

Sleep tight. Try to set a regular time for bed. If you're not tired, read a book or take a stretch and make yourself an herbal tea.

Eat healthy. Canada's Food Guide offers great tips and advice.

Move more. Run, walk, or maybe even climb a mountain. Being active helps to strengthen your body, reduce the risk for chronic disease and manage stress more effectively.

Think positively. It's not only what we do that can add more stress to our lives. Sometimes it's what we think. The more you can focus on the positive, the better you'll feel.

Drink less alcohol and coffee. Both are hard on your body and may actually make your feelings of stress worse.

Find the source of the stress. Busy work schedule? Problems at home? Money worries? Once you know what's causing your stress, you can do things to feel better.

Talk about it with someone you trust - a family member, a friend, or a health professional. This will let you look at the issue without feeling judged. It also helps to put problems in perspective.

Treat yourself. You might have a bubble bath, curl up with a good book, drive to your favorite spot for a picnic, or sleep in late on Saturday. It doesn't have to be expensive but must make you feel good.