



Managing the Stress of Every Day Life

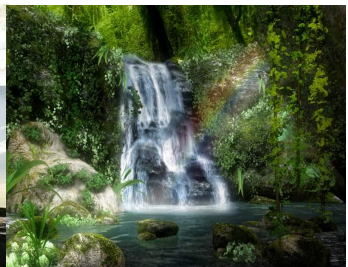
Has work, daily activities, family events, and other personal responsibilities had you reeling? Are you feeling the pressure of the recession too? Well, you aren't alone. The most commonly "googled" topic lately has been stress management. Unfortunately the bills will never cease to arrive in your mailbox, your children will continue to need a chauffer, there won't be enough time in the day to finish your chores and errands, and you won't get as much "me" time as you would really like. However, you can combat these stressors by taking a stand and getting control of your life. The following tips will help you gain control, prioritize daily responsibilities, and provide you with ways of attacking the stressors in your life.

Step 1—Get Control. Make a list of your responsibilities, prioritize them, and schedule them into your calendar in a reasonably manageable fashion. You should also begin a journal, if you don't keep one already, and try to make one positive entry per day. This will help you pick out the positive points from each day while helping you identify certain trends in your life that cause you stress. Once you have identified them, you can work to eliminate them!

Step 2—Begin Leading a Healthy Lifestyle. Through diet and exercise you achieve both health and emotional benefits. Exercise releases endorphins that naturally make you feel good. You will also notice increased self confidence, quality of life, and overall better well-being. Try taking probiotics, eating natural food, and getting your fair share of vitamins and minerals. These tactics will help boost immune function and keep you feeling stronger, longer!

Step 3—Find regular ways to relax. Take 10 minutes per day to stretch, meditate, or have personal quiet time. This time will help you find your "center" and take a deep breath during the middle of a stressful day. Laugh! Laughing releases dopamine, a "feel good" chemical. The more you do it, the better you feel! Take time to get a weekly massage, take up a new hobby like gardening, take a hike, make a bath and light some wonderful smelling candles.

These precautionary tactics should prove useful in helping to curb daily stress and anxiety. By taking the time to relax regularly and remove yourself from the hustle and bustle of your daily life you can add years back on to your life. Keep in mind that by taking part in activities that make you feel good such as; community service, group activities, and church will help eliminate stress and make you happier. Try to incorporate activities like this into your daily routine as often as possible. As the stressors of daily life start to creep up on you remember identify your stressors, evaluate them, and attack them. Here's to a happier you, today!



Town of
Beech Mountain