

Stress Management Tips



BlueCross BlueShield
of Mississippi

It's good to be Blue.

- ▶ **Manage your time.** Make a schedule and stick to it. Find the things that are most important and make them your top priority.
- ▶ **Practice good coping skills.** Look at how you normally deal with stress. Is it working? If not, find other ways that may work better.
- ▶ **Think positive.** Let go of the things you cannot change and worry only about the things you can change.
- ▶ **Ask for help.** Communicating with others can help you better manage stress.
- ▶ **Avoid skipping meals.** Often times, stress can cause you to put meals off or even skip them entirely. Make sure you eat at least 3 meals a day to keep your energy levels up!
- ▶ **Limit caffeine.** The lack of energy you may feel when stressed may encourage you to drink more caffeine, but too much can disrupt your sleep. Limit your caffeinated beverages to no more than 1-2 per day or try decaffeinated instead.
- ▶ **Eat a balanced meal.** Include plenty of fresh fruits and vegetables, lean protein, and low-fat dairy in your day's meal.
- ▶ **Drink plenty of water.** Staying hydrated will help you feel more energized and ready to face the day!
- ▶ **Avoid using food as a stress reducer.** Avoid using food as a way to manage stress by overindulging or eating high calorie, high fat foods.
- ▶ **Use mealtime as a time to relax.** Although you don't want to use food as a way to cope, take advantage of mealtime to relax.
- ▶ **Eat a healthy breakfast.** Start your day off healthy with an energizing breakfast!
- ▶ **Avoid strict dieting.** Stay away from diets that are too strict, which can leave you even more stressed.