The Experts Say – Spring 2019

Psychologists suggest three easy and effective ways to handle even the most heavy-duty stress:

March 4, 2019 By Kate Ferguson

Practice self-care.

It's OK to lavish some of the love and attention you give to others on yourself. Eat well, stay active, get plenty of rest and reach out for help from health and wellness professionals if you need it.

Understand why.

In order to better manage your responses to stressful situations, think more specifically about the kinds of thoughts and actions that trigger pressure, worry, anxiety, nervousness or tension.

Join a support network.

Community groups and online forums provide a place where people can gather to talk about issues, listen to the problems of others and offer potential solutions to consider.

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