

# Your Health & Well-Being

## Quick Tips For Stress Relief

(NAPSA)—The next time you're feeling stressed, consider the good news, the bad news and the better news.

### The Good News

You're not alone. According to The National Institute of Mental Health, roughly one in three people suffer from moderate to severe stress on a daily basis. A survey by the American Psychological Association found that three out of four Americans are stressed out by money and work.

### The Bad News

Prolonged stress has been shown to damage memory cells and increase the risk of heart disease, cancer and other illnesses. Stress accumulates over time. Here's a list of "stress signals":

- Restlessness, feeling keyed up or on edge
- Being easily fatigued
- Difficulty concentrating
- Irritability
- Muscle tension, such as a chronic stiff neck or a painful shoulder
- Sleep disturbance: difficulty falling or staying asleep or restless, unsatisfying sleep.

### The Better News

Mimi Donaldson is a stress management expert and author of "Bless Your Stress: It Means You're Still Alive!" She says all it takes to reduce stress may be a 10-minute break during the day. The benefits include an increase in energy, productivity and happiness.

"It's hard to find a person who hasn't experienced any signals of everyday stress," said Donaldson. "That's why I emphasize pressing the 'pause button' for 10 minutes a day. For example, taking time to enjoy a low-calorie, portion-controlled snack such as Nonni's Biscotti is a very manageable way to alleviate the buildup of daily



**Relaxing with a biscotti and a cup of coffee or tea can do more to relieve stress than many realize.**

stress. Remembering to treat yourself better will give you that added boost to get through the day with a renewed energy."

### "Treat Yourself Better"

#### Stress Relief Tips

- Focus on the things you truly can control: what you think, what you say, what you do, what you put into your mouth and what you do to your body.
- Give up your unofficial and ineffective hold on the forces of the universe.
- Use your all-purpose "pause button" before you go bananas over a long slow line or traffic jam.
- Do something nice for yourself. Relax and enjoy a healthy snack while you take some moments of reflection time.
- Move your body; exercise.
- Practice doing nothing. Investigate meditation and how it might help you.
- Do something nice for someone else. Let that impatient driver into your lane.
- Create a list of things for which you're grateful and read it daily.