

SUNDAY MORNING HEALTH CORNER

Is Stress Making You Sick?

Studies have found many health problems related to stress. Stress seems to worsen or increase the risk of conditions like obesity, heart disease, Alzheimer's disease, diabetes, depression, gastrointestinal problems and asthma.

The next time you feel stressed, here are four stress relief tips you can try.

Breathe deeply. Just a few minutes of deep breathing can calm you.

Smile and laugh. Our brains are interconnected with our emotions and facial expressions. When people are stressed, they often hold a lot of the stress in their face. So laughs or smiles can help relieve some of that tension and improve the situation

Take a break from the stressor. When you give yourself permission to step away from what is causing you stress, you give yourself time to do something else, which can help you gain a new perspective.

Keep your problems in perspective. The next time you're feeling stressed out, think about the things for which you're grateful.



www.balmingilead.org

620 Moorefield Park Drive, Suite 150
Richmond, VA 23236
804.644.2256

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GILEAD
INC.