

# SUNDAY MORNING

# Health Corner

## Healthy Ways to Cope with Stress

Stress is a normal reaction to change and challenges that can be healthy, helping you stay alert, motivated, and avoid danger. However, long periods of stress or chronic stress can cause wear and tear on the body as physical, emotional, and mental responses remain in an elevated state. Learning healthy ways to cope with stress can reduce stressful feelings and symptoms.

Here are five tips to help:



Limit news and social media consumption. Staying informed and connected is great! However, consuming traumatic reports can be upsetting. Consider setting screen time limits or disconnecting completely for a few days.



Take care of yourself. Maintain a healthy lifestyle with healthy eating, plenty of sleep, and exercise.



Take time to unwind. Set time aside for activities you enjoy like cooking, arts & crafts, reading, or watching a movie.



Connect with faith-based organizations. Congregations with health ministries can share health resources with you while connecting you with people that can support you in prayer.



Acknowledge if you need more help. If stress continues to overwhelm your life, talk to a psychologist, psychiatrist, or licensed counselor.



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