



EFS PERSONAL TRAINING

Energize Tips

How to Manage Stress

Stress is basically a burst of chemicals that tell your body what to do (fight or flight). Good stress can be beneficial and motivating but bad stress can cause anxiety and health problems.

Chronic stress can cause insomnia, muscle pain, obesity, a weakened immune system, high blood pressure and anxiety and depression. Too much stress can result in an inability to concentrate, headaches, changes in appetite, anxiety and autoimmune disease flare-ups.

The key to managing stress is recognizing it and changing the behaviors that cause it!

- Know your triggers
- Manage your time
- Exercise
- Don't self-medicate
- Be realistic
- Relax
- Reach out to family or friends if you need help