



## Good Grief!

**Unmanaged stress can affect your whole being, including your thoughts, feelings, and behaviors, resulting in the potential for an array of health problems.**

**Here's the good news: Managing stress can be as easy as ABC.**

**A. Identify sources of stress.** Once you do, decide if you will Alter, Avoid or Accept the stressor.

- **Alter**—What do you have control of that you can change to lessen the impact of stress?
- **Avoid**—What can you do to avoid it in the future?
- **Accept**—Understand that it is not going away, and determine healthy habits to manage it.

**B. Identify the way stress impacts you.** Stress can take its toll physically, with symptoms such as headache, fatigue, or aches and pains. Stress can also affect you mentally, bringing an inability to think clearly, concentrate, or find focus. Feeling down or blue when stressed? You may be experiencing emotional stress.

**C. Make an action plan.** Consider the time that you have and do something that Builds the body's resistance with healthy eating, exercise, and sleep and Creates a place of calm. Try positive self-talk, deep breathing, and meditation.