MANAGING STRESS IS GOOD FOR YOUR HEALTH

Stress, tension and anxiety have a role in coronary heart disease.

Do you...

- Feel stressed, tense or anxious?
- Eat foods high in fat, salt and cholesterol because we are stressed?
- Reach for a cigarette when feeling tense?
- Hang out in front of the TV as solution for managing stress?

Experiencing some stress is a "way of life". How we respond to stress may be a factor in the development of coronary heart disease. What we do to handle or deal with stress may also add to the risk of developing coronary heart disease. Many times, stress and the ways we decrease the stress in our lives may not be healthy. We need to learn to make healthy lifestyle choices to deal with stress.

One healthy and beneficial way to deal with stress is to become more physically active. Try taking a short walk or a long walk, instead of reaching for a donut or the chips. You'll feel better! Plus, you won't be adding calories or feeling guilty.

Schedule some "me" time each day to help manage your stress. Listen to music, read a book, take a walk. Try different things and learn what works best for you.

Remember, managing stress is good for you and good for your health.