

Ways to Reduce Stress

What is stress?

- Stress is a natural reaction of the body to any situation (good or bad) placed on it.
- Stress is something we create. If our minds create our stress, then our minds can also reduce our stress.
- Watch for signs of stress. Some signs of stress include changes in eating habits, getting upset easily, headaches, trouble sleeping or not getting along with others.



For more information, call the Health Education Information Line at **1-800-804-6074** (TTY/TDD **1-800-431-0964**) or visit **www.CalVivaHealth.org**.

Ways to reduce stress

- Accept that you are under stress. Make a list of things that are stressful to you and focus on the things you can change. Let go of the things that are out of your control.
- Take time to relax. Take slow, deep breaths when you are feeling stressed. Find activities that help you relax such as taking a hot bath, reading or listening to music.
- Get support. Talk with your family and friends about your problems. Ask them for help if needed.

- Laugh and have fun. Laughter is the best medicine. You can watch a funny movie or spend time with people who make you laugh. Plan fun things to do.
- If you have trouble sleeping or feel sad most of the time, talk to your doctor and get help.

Live a healthy lifestyle

- Exercise regularly. Exercising can improve your mood. A 20-minute walk is perfect for reducing stress.
- Eat healthy meals. A balanced diet helps us stay healthy to better cope with stress. Keep healthy snacks around like fruits and vegetables for busy times.
- Avoid alcohol, drugs and caffeine. Drugs will make it more difficult to handle stress. Get professional help if you or a family member has a problem.



Cov Kev uas Yuav Pab Txo Tau Txoj Kev Ntxhov Siab

Kev Ntxhov siab yog dab tsi?

- Txoj kev Ntxhov siab yog ib yam uas koj lub cev ua tau nws tus kheej vim tej yam uas tshwm sim rau koj (zoo lossis phem).
- Txoj kev Ntxhov siab yog ib yam uas peb tsim tau peb tus kheej. Yog tias peb lub hlwb tsim tau txoj kev Ntxhov siab, ces peb lub hlwb kuj txo tau peb txoj kev Ntxhov siab thiab.
- Saib rau tej yam uas tshwm sim los ntawm txoj kev Ntxhov siab. Tej yam uas tshwm sim los ntawm txoj kev Ntxhov siab yog koj tsis qab los los yog pib noj mov ntau heev, cia li chim siab yooj yim heev, mob taub hau, muaj teeb meem tsaug zog lossis tsis haum nrog lwm tus.



Yog tias koj xav
paub ntxiv, hu rau
Tus Xovtooj Uas
Muaj Lus Qhia
Los Kawm Txog
Kev Noj Qab
Haus Huv ntawm
1-800-804-6074
(TTY/TDD
1-800-431-0964)
lossis mus xyuas
www.CalViva
Health.org.

Cov Kev uas Yuav Pab Txo Tau Txoj Kev Ntxhov Siab

- Lees txais tias koj Ntxhov siab. Sau ib daim ntawv txog tej yam uas ua rau koj Ntxhov siab thiab tsom ntsoov rau cov uas koj yuav hloov tau. Tso tseg tej yam uas koj yuav tswj tsis tau.
- Siv sijhawm los so. Maj mam ua pa qeeb, thiab tob tob thaum koj Ntxhov siab. Nrhiav tej yam koj yuav ua tau los pab koj so xws li mus tso dej kub rau hauv lub dab da dej thiab nyob rau hauv lub dab da dej, nyeem ntawv lossis mloog nkauj.
- Nrhiav kev pab txhawb. Tham rau koj tsev neeg thiab phooj ywg txog koj cov teeb meem. Nug kom lawv pab koj yog tias koj yuav tsum tau kev pab.

- Luag thiab ua kom lom zem. Txoj kev luag yog ib qho tshuaj uas zoo tshaj plaws. Koj saib tau ib daim yeeb yaj kiab uas txaus luag heev lossis siv sijhawm los nyob nrog cov tib neeg uas ua rau koj luag. Npaj mus ua tej yam lom zem.
- Yog tias koj tsaug zog tsis tau lossis feem ntau koj yeej kho siab ntau, nrog koj tus kws kho mob tham thiab mus txais kev pab.

Nyob ib lub neej noj qab haus huv

- Niaj zaus mus yoj ib ce. Thaum koj mus yoj ib ce nws yuav pab hloov kom koj zoo siab zog tuaj. Nws yuav pab txo tau txoj kev Ntxhov siab yog tias koj mus taug kev rau 20-feeb.
- Noj cov pluag mov uas noj qab haus huv. Thaum koj tswj cov zaub mov uas koj noj kom haum nkaus nws yuav pab kom koj noj qab haus huv zoo zog li ntawd koj thiaj li tswj tau txoj kev Ntxhov siab. Npaj kom koj muaj tej yam khoom noj txom ncauj uas noj qab haus huv xws li txiv hmab txiv ntoo thiab zaub rau cov sijhawm uas koj uas koj yuav khwv heev.
- Tsis txhob haus dej cawv, siv yeeb tshuaj thiab haus tej yam uas muaj caffeine. Cov yeeb tshuaj yim huab ua rau koj tswj tsis tau txoj kev Ntxhov siab. Mus nrhiav kev pab los ntawm ib tug kws txawj yog tias koj lossis ib tug neeg hauv koj tsev neeg muaj teeb meem.