Luis, feeling stressed is common. Stress is your body's physical and mental response to constantly worrying about something that will happen, having a lot on your mind, or being sick.

WORK
HEALTH
UNPAID BILLS
DEBTS

Stress turns into something negative when it's chronic and you can't **"shut it off."**

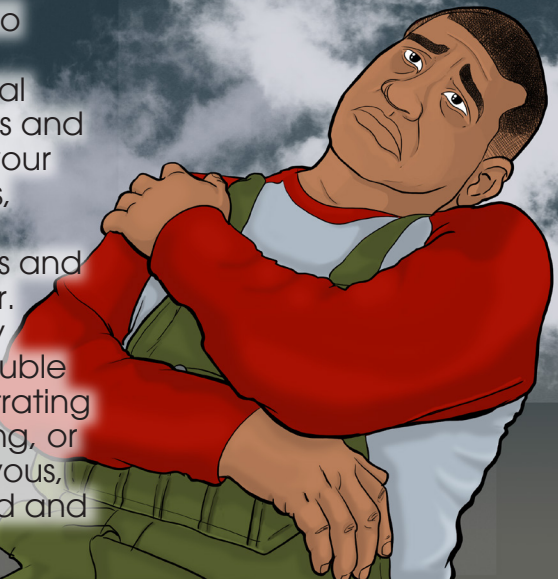That's when it can cause health problems like:

DIABETES

OBESITY

HIGH BLOOD PRESSURE

HEART DISEASE

STROKE

Stress also causes emotional problems and affects your thoughts, feelings, emotions and behavior. You may have trouble concentrating or relaxing, or feel nervous, frustrated and sad.
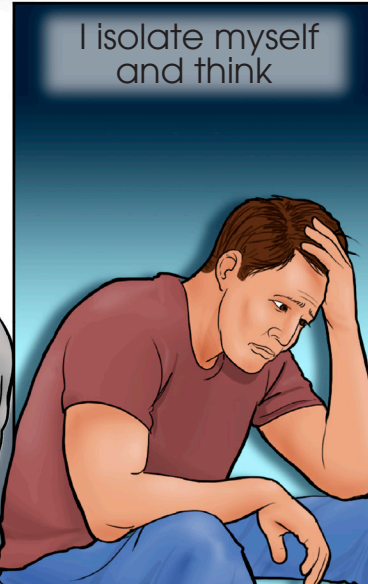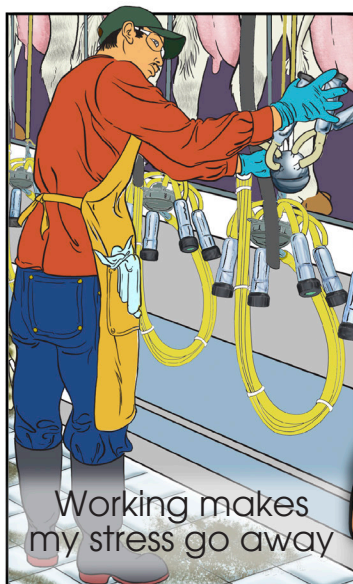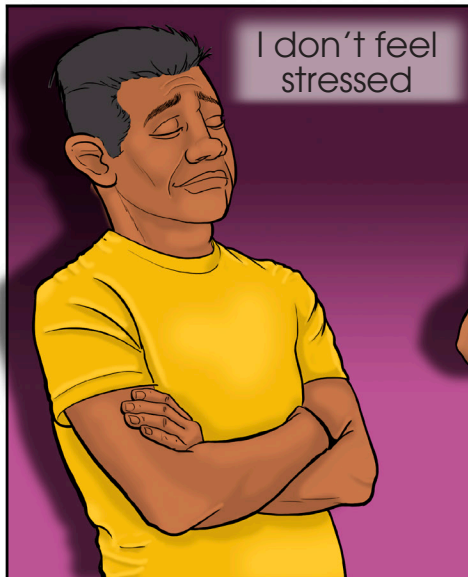
Stress changes what and how much you eat, and can cause stomach aches and back pain.

I thought all of this was normal, what can I do about it?

First, identify the signs of stress in order to control and even harness them in order to increase your energy, productivity and learning.

And after that, you'll have to do a few things

First, identify the feelings and actions that are unhelpful

I don't feel stressed

I'm strong / I can tough it out

It just goes away on its own

Working makes my stress go away

I don't want to talk to anyone

I isolate myself and think

Stay busy

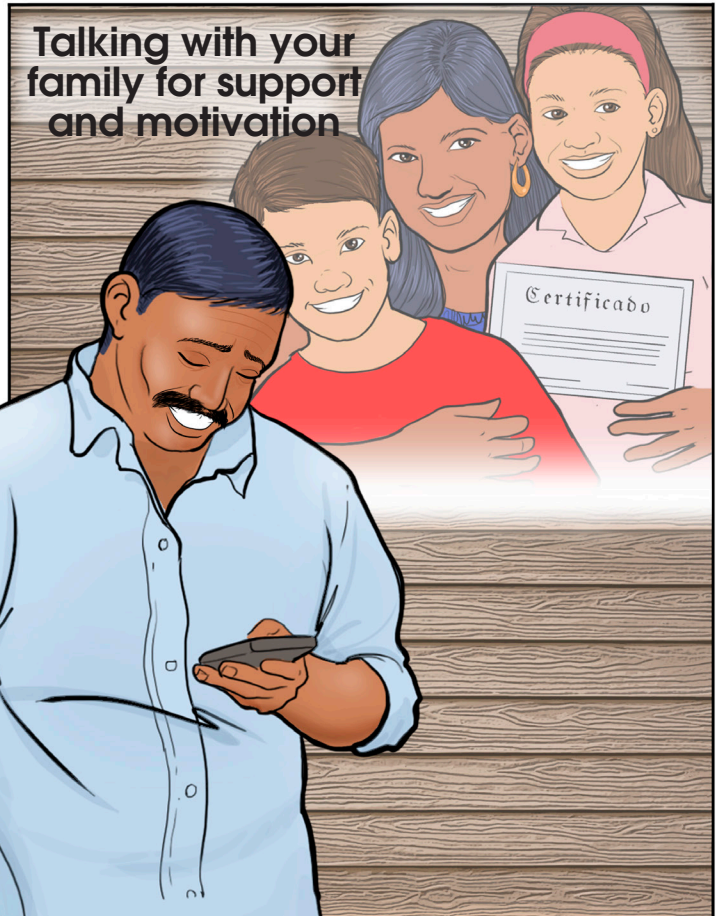③

Connect with others

Learning a language

Playing a team sport

Spending quality time with coworkers

Talking with your family for support and motivation

Certificado

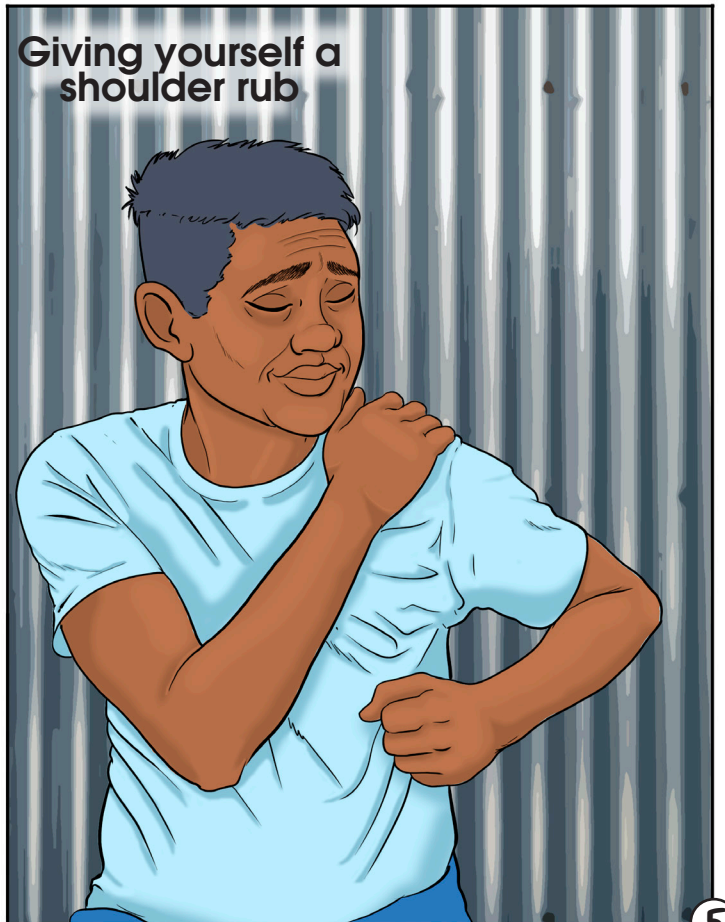# Identify strategies for self-care. These could include:
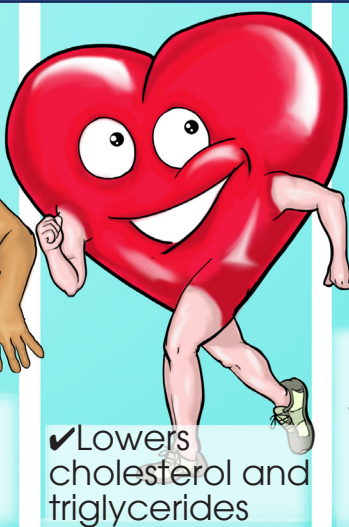
Eating and sleeping well

Drinking more water
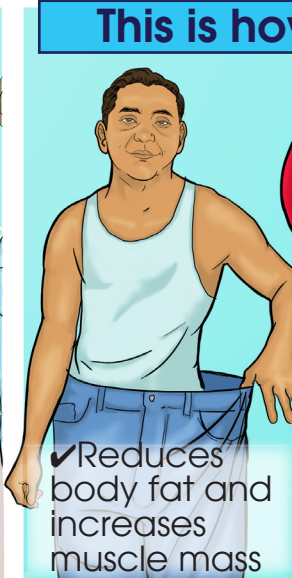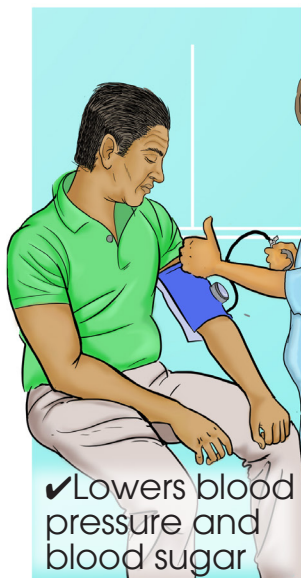
Taking a hot shower
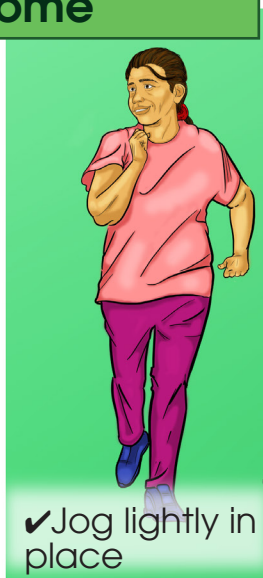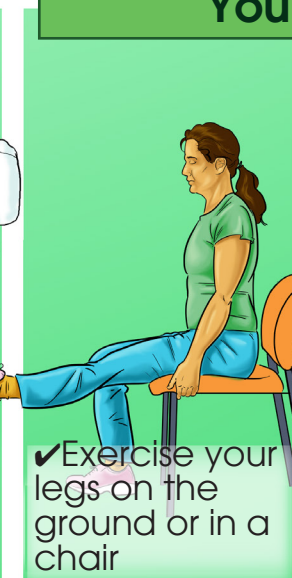
Giving yourself a shoulder rub

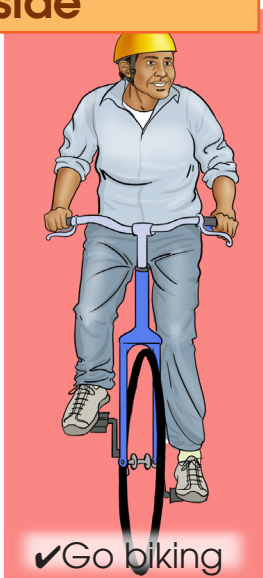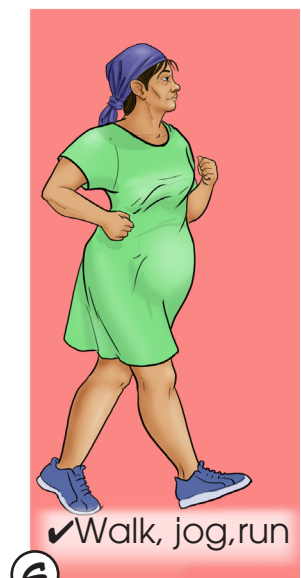# Your self-care should also include exercise for your well-being

This is how exercise benefits you

✔Lowers blood pressure and blood sugar

✔Reduces body fat and increases muscle mass

✔Lowers cholesterol and triglycerides

✔Reduces joint pain and nerve pain

✔Strengthens bones

✔Increases energy and decreases depression

You can do it at home

✔Lift weights with bottles filled with water or sand

✔Exercise your legs on the ground or in a chair

✔Play some music and dance

✔Jog lightly in place

✔Stretch with yoga and tai chi

You can do it outside

✔Walk, jog, run

✔Go for a hike or an outing

✔Gardening

✔Go biking

✔Play a team sport like soccer

6

Mindfulness

Take time alone to think and relax
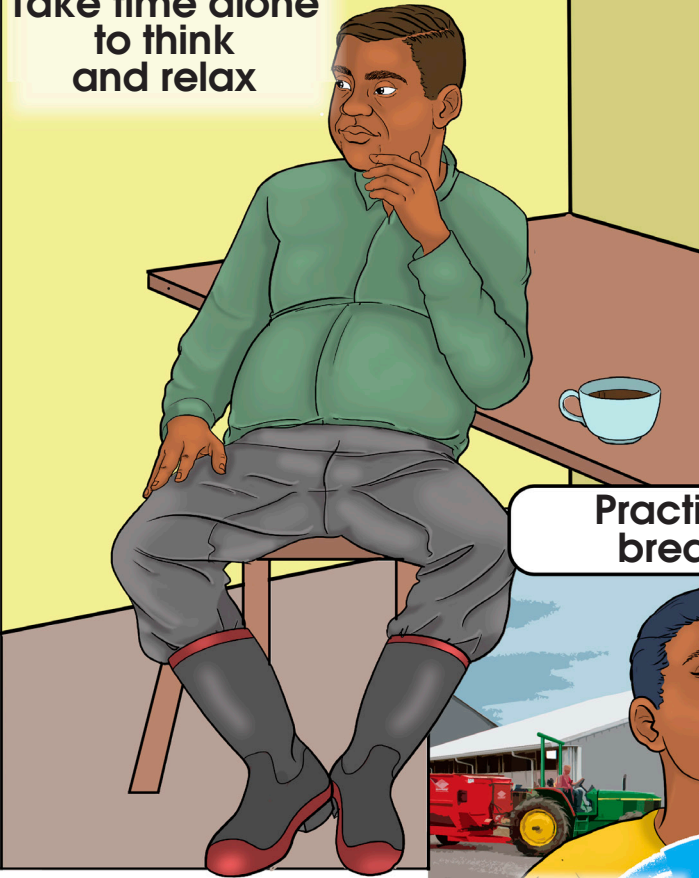
Focus your mind

Practice box breathing:

inhale for 4 seconds

hold for 4 seconds

hold for 4 seconds

exhale for 4 seconds
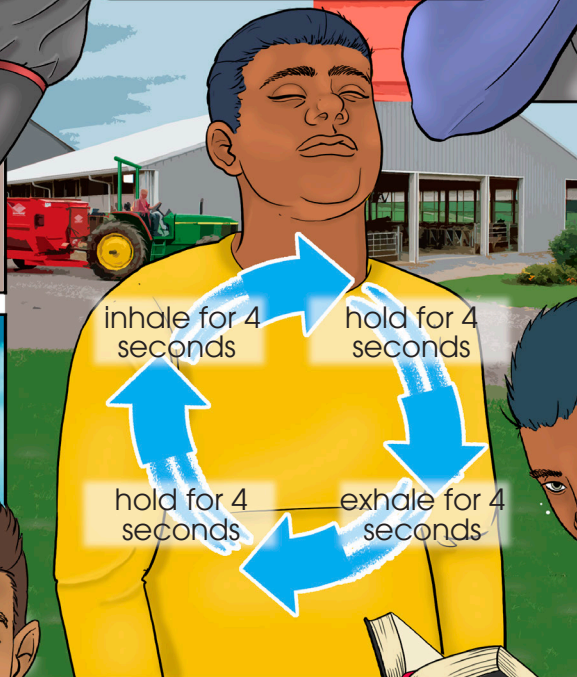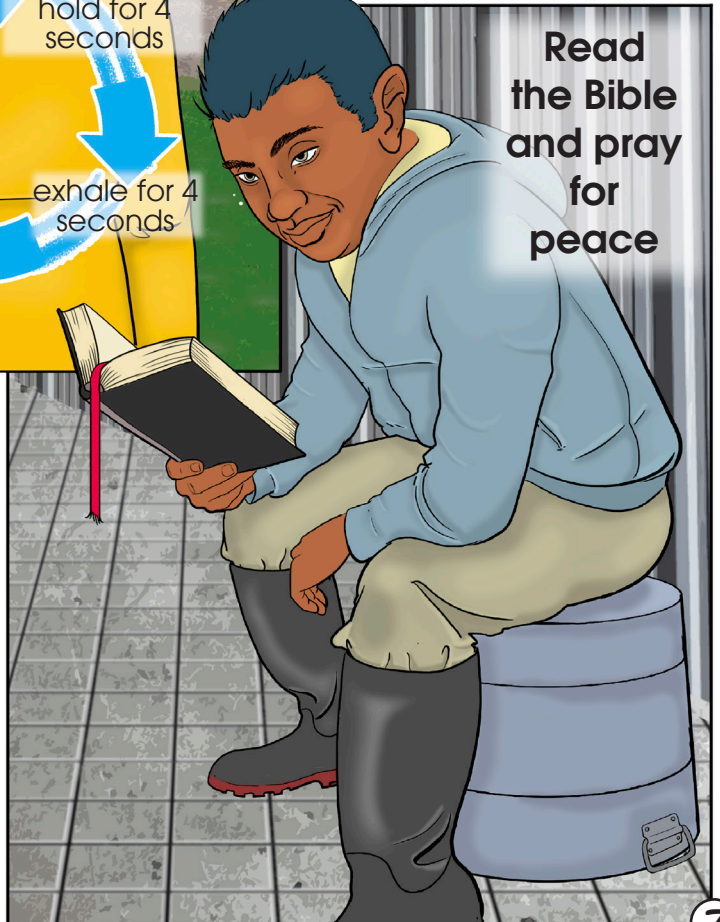
Express gratitude

Read the Bible and pray for peace

Connect with nature

Working in the garden or patio

Go for a walk in a park or at the lake

Hug a cow

Spend time with animals

Go for a long bike ride

Taking part in creative activities helps to reduce your stress level. Find an activity that helps you to relax and see things in a more positive light.
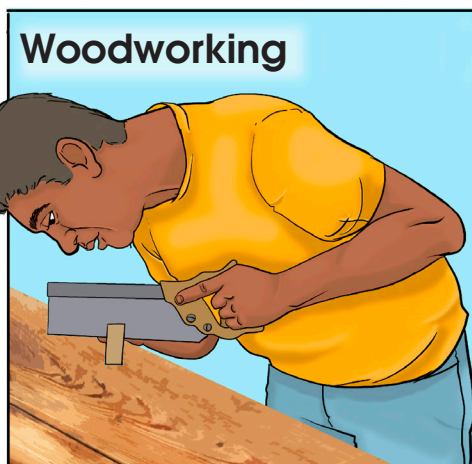
Creativity

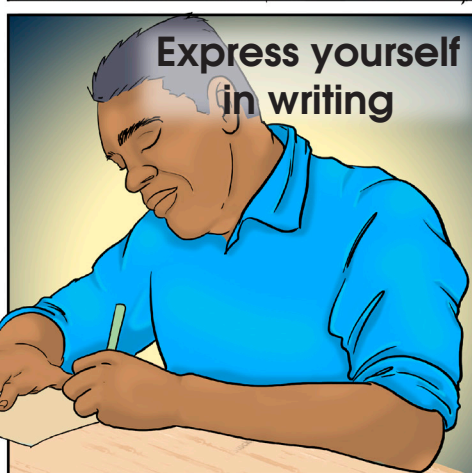Play an instrument or listen to music

Drawing or coloring

Fix things around the house

Woodworking

Express yourself in writing

Take advantage of the fact that stress can make you feel more lively and energetic in order to tackle daily life. This positive stress doesn't cause adverse health effects. On the other hand, avoid letting situations that cause negative stress overwhelm you.

Frustration
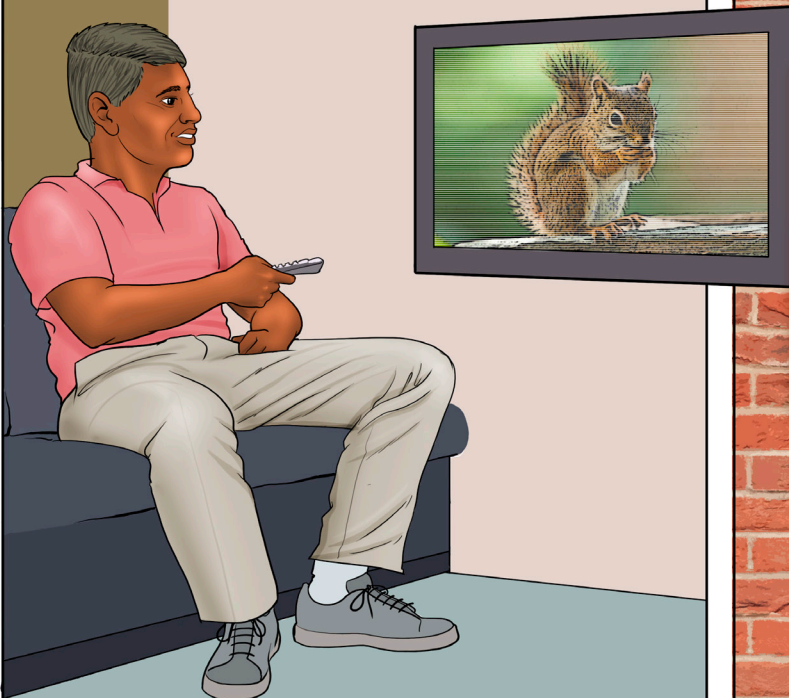Fear
Physical pain
Emotional pain
Low self-esteem

Cleaning the house

Doing laundry

Watching movies or documentaries

Playing video games

SOCCER MATCH

PLAY

There are always things you can do to feel better

Accept what you feel

SORROW

NOSTALGIA

UNCERTAINTY

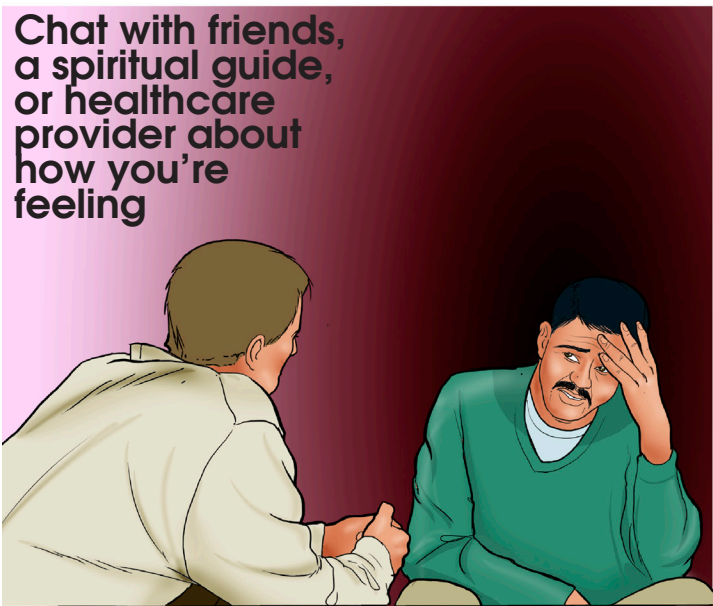GRIEF

Stay in touch with those you left behind

Improve relationships with those you live with here and now
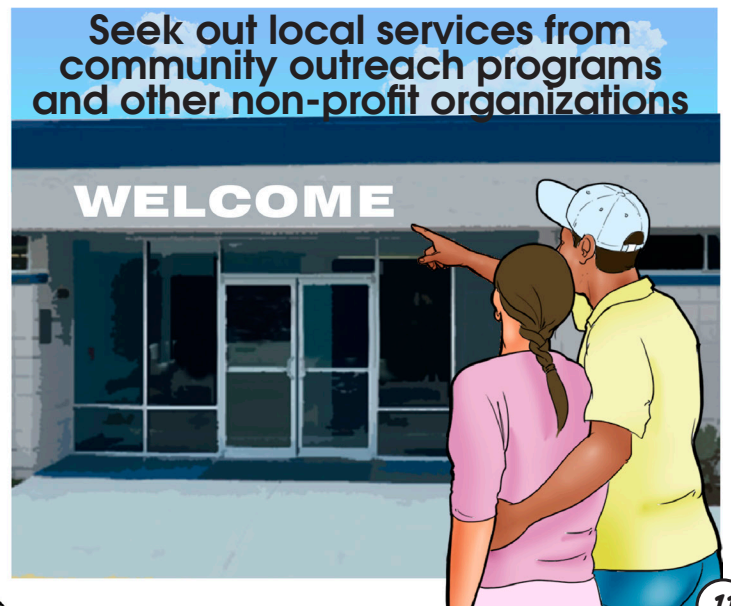
Build a new world, new friends and acquaintances

Chat with friends, a spiritual guide, or healthcare provider about how you're feeling

Seek out local services from community outreach programs and other non-profit organizations

WELCOME

It feels more comfortable not to take action, but stress can build up. It is better to do something to control it. Stress has a solution!

DEBTS
PROBLEMS
HEALTH
UNCERTAINTY

Stress can help us to take on our problems. We may:

✓ Realize that we have resources to deal with our problems

✓ Make progress and confront situations that we are worrying about

Friendship
Rest
Diet
Reading
Laughter
Meditation
Exercise

Write down three things that you can do to improve your stress

1.-

2.-

3.-