

How to Handle Stress

- Relax, unwind, and make time for yourself.
- Sleep. Try to get seven to nine hours of sleep every night.
- Eat right. Try to fuel up with fruits, vegetables, and proteins for the energy you need.
- Get moving. Your body makes certain chemicals, called endorphins, before and after you work out. They relieve stress and improve your mood.
- Talk to friends to help you work through your stress.
- Plan your time and set limits. Write a to-do list. Figure out what's most important to do.
- Don't deal with stress in unhealthy ways like drinking too much alcohol, using drugs, smoking, or overeating.
- Get help from a professional if you need it. They may prescribe medications that can help ease symptoms of depression and anxiety and help promote sleep.
- Compromise, get a hobby, or help others.

source: <http://www.womenshealth.gov/faq/stress.htm#7>