



# Feeling Good about YOURSELF



Coping with **STRESS** by changing  
and managing your **LIFESTYLE**.

*Everyone experiences stress in their lives.* It is normal to worry about things like money, work, and family. But if you feel stress constantly, it can threaten your health and well-being.

*myStrength can help you learn to cope better with stress.*

**Feeling stress is a normal response to daily living.** When you feel stress, your body automatically increases its blood pressure, heart rate, respiration, and blood flow to your muscles. This is how we react to high-pressure situations.

**We all experience stress differently.** Techniques that work for one person, might not work for another. There are many simple ways to manage stress and anxiety in your life. *These activities involve living a healthy lifestyle.* For example, you might:

- *Exercise regularly and eat a balanced diet.*
- *Get about 8 hours of sleep per night.*
- *Meditate or practice yoga for relaxation.*
- *Develop a social network so that you can get support for your feelings and personal challenges.*
- *Develop hobbies like gardening or cooking (using your hands can help you focus and be creative).*
- *Be realistic about goals and focus on one thing at a time.*
- *Take a break and get perspective on your emotions.*



Dr. Carrie Barron, who wrote *the Creative Cure*, said "Creativity is the original antidepressant."

## SIGN UP TODAY

1. Visit [www.mystrength.com](http://www.mystrength.com) and click on "Sign Up."
2. Enter Access Code: **NCNCommunity**
3. Complete the myStrength sign-up process and personal profile.



**NorthCare Network**

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