



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 and click on "Sign Up."
2. Enter Access Code: **NCNCommunity**
3. Complete the myStrength sign-up process and personal profile.



NorthCare Network

For more information, call Katreena Hite, Integrated Care Specialist, at (906) 225-7344

myStrength
The health club for your mind™