

HEALTH TIPS

Stress Reduction

The feeling of worry or mental tension caused by difficult situations, leading to physical, mental or emotional strain.



Learn About Stress

Feeling stressed is normal, and many people feel stressed from different things on a regular basis.

There are many behaviors and tools that can help someone deal with stress.

- Get at least 8 hours of sleep each night.
- Exercise 3-5 times each week for 30-60 minutes.
- Connect with support systems.
- Limit foods high in fat and sugar.
- Minimize coffee, soda, and alcohol.
- Avoid tobacco and illegal drugs.

To learn more about stress visit the CDC's webpage on stress, [cdc.gov/mental-health/living-with](https://www.cdc.gov/mental-health/living-with).



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Belly Breath for Stress

A quick and easy way to relax and reduce stress is belly breathing. Here's how to get started,

Get to Know Your Body's Breath

- Stand, sit or lie down in a comfortable position
- Close eyes or have a soft glaze
- Place one hand on the heart
- Put one hand on the belly
- Notice breath

Start Slow Belly Breathing

- Relax mouth and jaw - breathe in through the nose
- Breathe out through the mouth
- Fill belly like a balloon with a big breath in, let the belly fall as you breathe out all the air
- Now count to 4 as you inhale
- Then count to 4 as you exhale

Practice this for 5-10 minutes each day, especially when stressed.

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.