Over 30% of adults of U.S. experience enough stress to impact their performance at home or work. (National Science Foundation)

6 Tips to Control Stress

1. **Lead a balanced life.** Allow time for personal, leisure & family activities as well as work.
2. **Eat well & exercise.** When you feel good physically it’s easier to deal with stressful situations.
3. **Keep your sense of humor.** Taking time to watch a funny movie or have a laugh with friends can be a great stress antidote.
4. **Manage your time efficiently.** Begin your day by organizing your work & setting priorities. Be realistic & flexible in the way you schedule: recognize your limitations & allow time for the unexpected.
5. **Give yourself a break.** Develop the self-awareness to recognize when you really need a break, whether it’s a walk around the block or a vacation.
6. **Recognize what you can & can’t control.** Finding a balance between wanting to control everything & having no control at all is an important part of managing stress.

Check out the Living Well Health Manager powered by WebMD Stress Assessment!

https://www.webmdhealth.com/ut_select Assess My Health