



# Live Well, Work Well

May 2, 2022



## Manage stress to feel your best



Whether your stressors come from work, home, family or your social life, it's challenging to manage everything that life throws at you.

Chronic stress negatively affects your overall health and results in lasting effects. In fact, stress can lead to serious mental health issues such as depression and anxiety, as well as heart disease, high blood pressure and more.

### Reduce your stress

Taking action when you're stressed is the best thing you can do to help yourself. Test a couple of these techniques to determine what works best for you:



**Don't jump to conclusions:** It's normal to stress and worry about the future, but sometimes we find ourselves focused on the "what ifs." Set the worry aside, talk it out or write it down, engage in some self-care and stay in the present.



**Get moving:** Whether you take a walk or run a 5K, exercise releases feel-good chemicals in your brain (endorphins) that help reduce stress.



**Be mindful:** Meditation and deep breathing are effective techniques to make you more resilient to stress and slow your heart rate.



**Disconnect:** Take a break from technology. Consider trying something new after work to take you away from your devices such as arts and crafts, playing a new sport or volunteering.

### Recognize when you're stressed

It can be difficult to identify when you're under stress while you're trying to keep up with your surroundings. A few telltale signs of stress include:

- Change in your appetite
- Low energy
- Increase in colds or other infections
- Headaches
- Insomnia
- Hypochondria: Excessive worry about one's health and unwarranted fear that one has a serious disease or virus

For additional suggestions and stress relief ideas, check out these resources:

HelpGuide shows you how to improve your mental health and wellness:

<http://www.helpguide.org/home-pages/stress.htm>

Empower Work provides free confidential counseling through text messaging: <https://www.empowerwork.org/>



This document is not intended to be taken as advice regarding any individual situation and should not be relied upon as such. Marsh & McLennan Agency LLC shall have no obligation to update this publication and shall have no liability to you or any other party arising out of this publication or any matter contained herein. Any statements concerning actuarial, tax, accounting or legal matters are based solely on our experience as consultants and are not to be relied upon as actuarial, accounting, tax or legal advice, for which you should consult your own professional advisors. Any modeling analytics or projections are subject to inherent uncertainty and the analysis could be materially affected if any underlying assumptions, conditions, information or factors are inaccurate or incomplete or should change. d/b/a in California as Marsh & McLennan Insurance Agency LLC; CA Insurance Lic: 0H18131. Copyright © 2022 Marsh & McLennan Agency LLC. All rights reserved. MarshMMA.com