

Women's Mental Health Infographic

How can you combat stress?

HOW TO MANAGE YOUR STRESS:

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|---|---|--|
|  Practice Relaxation |  Eat Healthy |  Calm Your Mind |
| Relaxation techniques like yoga, meditation, or listening to soothing music can help reduce stress levels. | Eat heart healthy food and well-balanced meals. Avoid overeating processed, salty, or sugary foods. | Excessive worrying never helps a stressful situation. Accept the things you cannot change and try not to dwell on the past. |
|  Enjoy Nature |  Quality Time |  Get Enough Sleep |
| Try to make time for the outdoors. A walk in the fresh air surrounded by beautiful nature can do wonders for your stress. | Spend time with the ones you love. Feelings of guilt can be overwhelming when you know you are not getting enough time with your children or significant other. Make it a priority. | It can be tough to get enough sleep with a busy schedule, but you should ensure you get at least 6-8 hours each night to keep your stress levels at bay. |

THIS INFOGRAPHIC WAS BROUGHT TO YOU BY

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SOURCES:

- http://www.huffingtonpost.com/2013/01/30/health-effects-of-stress-women_n_2518615.html
- <http://truththeory.com/2012/01/14/reactions-to-everyday-stress-can-predict-your-future-health-2/>
- <http://www.apa.org/news/press/releases/stress/2012/gender.aspx?b=942>
- <http://online.wsj.com/article/SB1000121412118723249780045715403229041d800.html>

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