WELL, NOW YOU KNOW.

5 Tips for Coping With Stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress.

1. **Practice self-care.**
   Eat healthy, well-balanced meals. Exercise on a regular basis. Take a break when you feel stressed out and be sure to get plenty of sleep.

2. **Embrace your creative side.**
   Creative activities are proven to effectively relieve stress.

3. **Talk to others.**
   Share your problems and feelings with a friend, counselor or doctor.

4. **Avoid drugs and alcohol.**
   These may seem to help with stress, but in the long run they create additional problems and increase your current stress.

5. **Recognize when you need help.**
   If problems continue or you think about suicide, talk to a professional counselor or your doctor.

Show Me The App!

Three easy ways to schedule an appointment:

CareATC App careatc.com/patients 800.993.8244

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