



LARIMER
COUNTY

FEBRUARY 2022

HEALTH UPDATE

Manage Stress To Improve Your Total Wellbeing



TAKE STRESS IN STRIDE



When you actively manage and lower your stress, you help strengthen your overall health and wellbeing.

Take the steps below to help lower your physical and mental stress.



TAKE THE STRESS OFF OF YOUR HEART

Chronic stress is linked to an increased risk of heart disease. You can help lower your stress levels and protect your heart with regular exercise, quality time with friends and family, and a good sleep routine. Take a brisk-paced walk outside, spend time with friends and family that you enjoy, and try to get seven to nine hours of sleep a night.



SCHEDULE SELF-CARE INTO YOUR WORK DAY

Intentional moments of rest in your work day can help you avoid burnout and manage your day-to-day stress. Schedule short 10-minute breaks into your calendar. During these breaks, step away from your screen for a quick walk outside, drink a glass of water to rehydrate, or complete a simple chore if you're working from home.



BRING CARE HOME

Increased physical and mental stress can cause chronic, long-term health issues. When you're not feeling well, don't wait to get care. If your doctor is unavailable, try convenient care options such as telemedicine, nurselines, or a prescription delivery service. Check with your doctor or visit your health plan's website for more information about convenient care options.