

UCI Wellness

THE REST AND REVIVE CHALLENGE



WEEK 5: STRESS MANAGEMENT

Life asks a lot of us – jobs, friends, and pets – it can all add up and sometimes it's more than we can handle. That's when stress kicks in.

Stress can have a direct effect on your health. It can affect your emotional health by causing anxiety, irritability, anger, sadness or depression. It can also cause physical problems, too. Relieve stress, and you could relieve a number of health issues.

You don't need a week at a spa or retreat. Just spend 15 minutes or less trying one of these stress management techniques:

- Breathe deeply for 5 minutes
- Take in your surroundings
- Talk to a loved one
- Relax all your muscles, from head to toe
- Laugh out loud
- Listen to music
- Make a list of things you are thankful for

Don't wait, take a break now to start managing your stress and protect your emotional health.

Adapted from: Anthem BlueCross



THIS WEEK'S WEBINAR

- Stress: A Way of Life or Fact of Life?



THIS WEEK'S TIP

- Manage Stress to Protect Your Health



ADDITIONAL RESOURCES

- Stress Effects
- Request a Stress Resilience Training for Your Department
- UCI Employee Assistance Program (Guidance Resources) Article - How Can I Reduce Stress?
- Anthem Blue Cross Article - Six Ways to Sideline Stress
- Health Net Article - The Art of Self Massage with a Tennis Ball
- Kaiser Permanente Podcast - Meditations to Relieve Stress



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