

Hawai'i
Health
@ Work
Alliance

A UHA Company

Melt Away Stress!

Stress effects nearly all of us in some way, causing our bodies to produce a “flight or fight” response. Our heart rate elevates, cortisol levels rise, and we breathe heavier. This can happen from time to time or chronically, which can cause severe health problems if not managed.

Use the following tips to reduce stress and stay healthy:

Go Outside: Take a 10 minute walk outside to clear your head and boost your endorphins.

Take A Deep Breath: Deep breathing can help reduce tension, relieve stress, and aid some of the systems harmed by stress.

Reduce Screen Time: Make sure to take frequent breaks during your day of computer use — and try to get offline at least an hour before bedtime.

