Relax! There are many activities and techniques that can help you manage your stress and keep it at a healthy level. Try some of these tips to help you de-stress wherever you are.

Walk it off: Taking a walk can help lower stress hormones by increasing your endorphins. Even walking for 10 minutes can help you shed stress.

Take a deep breath: Deep breathing tricks your body into feeling like it is relaxed and increases your oxygen levels, helping you shed tension and stress.

Give yourself a break: Take some time away from your phone and computer. Research has shown that continuous computer usage has been linked to depression, loss of sleep, and high levels of stress in women. Unsurprisingly, studies have shown that cell phones (especially smart phones) increase stress as you feel pressured to answer every call, text, and email.

Don’t be so hard on yourself: Negative thoughts in reaction to a stressor can actually increase stress, but thinking positively can help calm you down and get you through each challenge. Instead of telling yourself that a task is impossible, try thinking that you will do the best you can or that you can get through it by taking the task one step at a time.

Grab a snack: Feeling hungry puts stress on the brain, so try taking a few minutes for a small, healthy snack—like nuts or a piece of fruit—to fill you up and help you de-stress without overeating.

Create a green space: Buying plants for your house or desk can help keep you calm. Research has shown that just being around plants can help lower blood pressure and help you relax.

Just stop and listen: Listening to music you love immediately boosts your dopamine levels, giving you an instant pick-me-up. Classical music is particularly relaxing; it has been proven to lessen stress hormone levels and lower blood pressure and heart rates.

Get creative: The repetitive motions involved in several crafts, like knitting and jewelry making, can be soothing and help you get rid of stress.

You can increase your resistance to stress by improving your physical health. Make an appointment with your healthcare provider to discuss your overall health and well-being. The better you feel, the more equipped you will be to handle life’s curveballs.

You may be interested in one of the following programs:

Don’t Worry, Be Healthy - Learn how to combat the common blues, stress and worries that come with daily life, with Cathy Pilone, MSN, RN, NEA-BC. Thursday, November 6, 2014, 10:00 - 11:00 a.m. Register online at www.ValleyHealth.com/events. Dorothy B. Kraft Center, 15 Essex Rd., Paramus, NJ. First floor conference room #1.

For Healthy You, Personal Nutrition Coaching and Supermarket Tours - Please call Joseph Juliano at 201-447-8093 for fee information and to schedule an appointment.

Visualization/Guided Imagery - Learn relaxation techniques to help reduce your stress Wednesdays 10:00 - 10:30 a.m. at the Robert and Audrey Luckow Pavilion, One Valley Plaza, Paramus. Seating is limited to 15 and will be open to first come, first served. Please call 201-634-5787 for more information.

WHAT PERCENTAGE OF DOCTOR VISITS ARE RELATED TO STRESS?

A. 10-25 percent  
B. 40-50 percent  
C. 75-90 percent

Check your answer at the bottom.