

# Stress



**People are feeling the pinch. Increasing costs, occupational instability and oh yeah let's not forget about a worldwide pandemic. The fact is stress can cause a number of health issues including Cardiovascular Disease, GI Issues, and long-term anxiety. Here are 5 tips to help combat stress.**

## 1. Know the signs

The following are signs of increased stress in your life: headaches, depression, digestive problems, sleeplessness, irritability, grinding teeth, and changes in appetite to name a few.

## 2. Understand what you control

You've heard it before but it's worth repeating. Knowing what you have control of is crucial to mitigating your stress level. It relieves the pressure when we realize the things we cannot control. Identifying a situation that you have no influence with will help to ease the burden. It's not that easy but worth the practice.

## 3. Get Organized

When things are in disarray it can help to organize yourself. You can feel better by simply organizing that junk drawer or prioritizing that "to do" list. Just a little bit more structure can help boost your clarity.

## 4. Know your limitations

It's important to understand what you have time to do and to know what you are currently emotionally capable of. We overburden ourselves hoping to be the perfect parent, son, wife or friend with unreasonable expectations. The fact is that being there for everyone comes at a cost of your own health.

## 5. Saying NO

Being available will often open the flood gates filling your time with unimaginable tasks. Stemming from tip #4 it is important to enforce your own parameters set by you. With good explanation, others should understand and respect your decision.

Thank you for taking the time to read this article. Cardio Physical Therapy PLLC works with people that have heart disease. Some of these tips provided above are used to successfully implement a plan toward a healthier lifestyle. Contact us for more information regarding the services we provide and check out our website for more information. Author Jeremy Voorhees PT, CCS, CCRP



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