

It's American
Heart Month



What can you do about stress?

There are small stress-fighting changes you can try. You can lower your stress by:

Find a friend and connect, friendships are important!

Move your body, heart and your mind. Dance like no one is watching, take a walk with a co-worker or go to the gym.

Get enough sleep and turn off all screens 1 hour prior to going to bed.

Learn to focus on your breathing

- Get comfy and take a normal breath.
- Next, take a deep breath slowly through your nose, filling up your chest and stomach. Let your belly really puff out!
- Now breathe out slowly through your mouth (or nose) and repeat.

Walk out the Stress

Everyone experiences stress at one time or another, and stress affects all of us in different ways. But this much is true for everyone: Regular exercise reduces the harmful effects of stress.

Chronic stress can affect your mental and physical health.

When you are stressed, your body releases cortisol and other stress hormones. If this bodily response to stress goes on for a long period of time, it can put you at risk for certain health conditions, such as:

- digestive problems and weight gain
- anxiety and depression
- headaches
- sleep problems
- memory and concentration issues
- high blood pressure, heart disease and stroke

Tips for walking to reduce stress:

- Walk at a comfortable pace
- Walk in nature, like a park or near a river
- Walk around the block when you are feeling overwhelmed
- Make walking part of your regular routine



DHR offers Wellness Awareness Course

Wellness Awareness offers activities, strategies, and plans to help participants understand, recognize, and manage stressors. Additionally, participants will recognize the importance of self-awareness, demonstrating resilience, concerns with burnout, and intentional wellness planning. **Register in Luma L&D - DHR_000049**

- March 19, 2025, 8:30am to 12:00pm (MST) (Online)
- June 18, 2025, 8:30am to 12:00pm (MST) (Online)