

Lifestyle Lessons



SOOTHE STRESS THAT COMES YOUR WAY!

Schedules are more hectic than ever, which means life's demands do not leave much time for relaxing, sleeping or simply enjoying time with one another. Hectic schedules can also lead to increased stress levels, so it's important to alleviate stress whenever you can.

Warning Signs

How do you know if you are feeling the effects of too much stress? Several common early warning signs that should not be ignored include:

- Insomnia
- Anxiety or depression
- Low morale
- Short temper
- Headaches
- Stomachaches
- Back problems



Healthy Hints

If the stresses in your life become more than you can bear or manage with these simple techniques, consider seeking professional assistance. A knowledgeable professional will be able to work with you to devise time management skills and stress-reducing techniques.

Coping Mechanisms

If you experience any number of these symptoms, there are coping techniques that can make life more manageable. Consider the following tips and implement them into your daily routine.

- *Plan your day and prioritize your tasks.* Before beginning to panic about the long list of things you want to get done, set realistic goals for the day and deadlines for when you want the tasks completed. Do not rush and always have a backup plan in case you run into a speed bump along the way.
- *Focus on things you can control.* Break large tasks into smaller, more manageable ones instead of trying to tackle a large project all at once.
- *Take steps slowly.* Before acting, think about the end result that you desire so you do not have to backtrack later.
- *Use all available resources:* Seek out resources to help you get things done, such as a willing spouse, knowledgeable relative, trustworthy friend or hardworking coworker.
- *Take short breaks.* When you start to feel anxious, take a break. Have a glass of water, read a chapter in a book or watch the news. This will get your mind off the task for a few moments and allow you to feel a bit more refreshed.

Lacher & Associates

Find this document at
lacherinsurance.com
(215) 723-4378

