



## **Stress Management and our Mental Well-being**

Stress is a part of life. How we manage stress can help us live a healthier, more balanced life. It is safe to say that our stress levels are on the rise in 2020. With how quickly our everyday lives are changing, we may not notice how quickly our stress level is rising. We may therefore find ourselves at a loss of how to manage the mounting stress and its factors. Here are some signs that your stress levels are rising faster than you realize:

- You find yourself being more irritable or short-tempered. You are easily annoyed or quick to anger.
- You may experience more emotional lows, feelings of hopelessness, or sadness, or depression.
- Changes to your sleep pattern. You have trouble falling asleep or staying asleep.
- Your diet. You find yourself overeating or not eating enough. Your regular eating schedule may be disrupted. You may find yourself eating comfort foods, carb-rich foods, or high fat, sugar, and salt foods.
- Fatigue. No matter how much you rest or sleep you cannot seem to fight off the feeling of being tired.

### **Tips for taking care of your mental health during stressful times**

When you find yourself under prolonged periods of high stress, it is especially important to pay extra attention to your well-being. Being under constant stress can take a toll on your physical, mental, and emotional health. Making small changes to your daily routine can provide a stronger support system to help you navigate your work, activities, and relationships with more ease. Here are a few things you can do to help support yourself during challenging times:

Begin by looking at what small changes you can incorporate into your daily life, rather than trying to make a large change all at once. For example, if you are looking to change your diet, perhaps it is by drinking more water throughout the day, rather than making a radical change to your eating habits. Healthy food consumption goes a long way in preventing disease- not just Covid-19 - but also heart, respiratory, blood pressure, diabetes, and many other disorders. Take a larger task or goal and break it down into smaller ones to implement. The increased stress of working away from home, wondering if they will become infected while away, worrying about families at home, and a myriad of other concerns, place an additional burden on your traveling crews.

- Keep your mealtimes and sleep routine on regular schedules as much as possible. By creating a structure, you will have set things in place to look forward to each day. This helps you have a great sense of stability during times of change or high stress.
- Keep a flexible mindset. Take inventory of your daily routine to see what is working and what is not.
- If you are thinking of making changes, start small. Making small changes add up over time and can help prepare you for when it is time to make a larger change.

**Manage Your Stress – Do Not Allow It To Manage YOU!**