

## Feeding Body & Soul

*Your body responds to stress and anxiety even before you recognize that you are stressed. Physical reactions include:*

- ▲ Trouble sleeping
- ▲ Aches and pains or headaches
- ▲ Changes in appetite, energy level
- ▲ Upset stomach
- ▲ Tension and irritability

To Enhance Wellness:

When you feel off balance, focus on strengthening these core areas of your life to restore well-being and a sense of control.

### Physical

Regular activity and a healthy diet will help energize your body daily. If your body were a car, you would get regular tune-ups and oil changes, use the right fuel and drive it regularly and carefully. Caring for your body includes a physical check-up or a health risk appraisal yearly, 5-9 servings (1/2 cup) of fruits and vegetables daily, and 30 minutes of activity 5 days a week. Preventative care and early intervention can delay the onset of illness, reduce costs and build strength to deal with every-day stressors.

### Social

Healthy relationships with friends and family help reduce stress and maintain balance. Many people find happiness in volunteering and giving to others less fortunate. Get active in your community, take a class, invite friends over or join a book club to increase social interaction. Having people to turn to, and being there for them when things seem stressful helps maintain perspective and balance.

### Spiritual

Spiritual wellness means something different to everyone. It could be faith in a higher power and attendance at a religious facility, enjoying nature or everyday living according to a set of values you hold dear. If your life isn't aligned with your core values and beliefs, then it might be time to reexamine that area of wellness. Slowing down for prayer and meditation, alone and with others, reading inspirational books, and being present in-the-moment are ways to start a spiritual practice that balances stressful living and nourishes your soul.

Our general state of well-being is impacted daily by our reactions to, and thoughts about, nearly everything that happens to us throughout the day—both good and bad. The weather, traffic, an argument with your kids or partner, your workload, a TV show, and more importantly, how we think about the events, can determine levels of stress and happiness. Active plans to take care of yourself, including having fun and contact with friends, will help keep balance in your life.

For free, confidential assistance with this and other health and wellness related concerns call Workplace Solutions at 800-327-5071.