



ChallengeME MONTHLY MINUTE

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Monthly topic:

Stress Less

Stress and anxiety are common experiences for most people. You are not alone! 70% of adults in the US say they feel stress or anxiety daily. Stress can have many negative effects on your body (headaches, muscle tension, chest pain, fatigue, upset stomach, or sleep problems), on your mood (anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger, sadness or depression), and on your behavior (overeating or undereating, angry outbursts, drug or alcohol misuse, tobacco use, social withdrawal, or exercising less often). Stress that is left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity, and diabetes.



Smile
Ask for a hug
Dance it out
Go for a walk
Talk about it
Breathe
Go to bed earlier
Reminisce about good times
Focus on what you can control

Note to self: I don't have to take this day all at once, but rather one step, one breath, one moment at a time. I am only one person. Things will get done when they get done.

This Month

2nd: Bangor Arts & Craft Show
3rd: Autumn Trail Race, Sullivan
9-10th: Augusta Arts & Crafts Show
11th: Veterans Day
14-Dec 31: Gardens Aglow, Boothbay (Thur-Sun)
19th: Virgin Pulse Release
21st: Great American Smokeout Day
21-26th: Turkey Trot, Augusta/Portland
22-24th: Anah Shrine Festival of Trees, Bangor
24th: Maine Harvest Festival, Bangor
25th: MaineGeneral Sleep Clinic Lunch & Learn
28th: Thanksgiving Day
Turkey Trot 4 Hope, Norway
29th: Black Friday
29-30th: Thanksgiving Arts & Craft Show, Brewer
29-Dec 1: Anah Shrine Festival of Trees, Bangor

15 Tips for Relieving Stress and Anxiety:

- 1. Exercise.** Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep and self-image.
- 2. Light a Candle.** Aromatherapy can help lower anxiety and stress. Light a candle or use essential oils to benefit from calming scents.
- 3. Reduce Your Caffeine Intake.** High quantities of caffeine can increase stress and anxiety. However, people's sensitivity to caffeine can vary greatly.
- 4. Write it Down.** Keeping a journal can help relieve stress and anxiety, especially if you focus on the positive.
- 5. Chew Gum.** Chewing gum may help you to relax as well as promote wellbeing and reduce stress.
- 6. Spend Time with Friends and Family.** Having strong social ties may help you get through stressful times and lower your risk of anxiety.
- 7. Laugh.** Find the humor in everyday life, spend time with funny friends or watch a comedy show to help relieve stress.
- 8. Learn to Say No.** Try not to take on more than you can handle. Saying no is one way to control your stressors.
- 9. Learn to Avoid Procrastination.** Prioritize what needs to get done and make time for it. Staying on top of your to-do list can help ward off procrastination-related stress.
- 10. Take a Yoga Class.** Yoga is widely used for stress reduction. It may help lower stress hormone levels and blood pressure.
- 11. Practice Mindfulness.** Mindfulness practices can help lower symptoms of anxiety and depression.
- 12. Cuddle.** Positive touch from cuddling, hugging, and kissing may help lower stress by releasing oxytocin and lowering blood pressure.
- 13. Listen to Soothing Music.** Listening to music you like can be a good way to relieve stress.
- 14. Deep Breathing.** Deep breathing activates the relaxation response. Multiple methods can help you learn to breathe deeply.
- 15. Spend Time with Your Pet.** Spending time with your pet is a relaxing, enjoyable way to reduce stress.

Coming Up December: Financial Budgeting

Comments, questions, ideas, or submissions?
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