

# Healthy Living

## Topic of March

### Coping with Stress

Duke Health and Exercise Research Trials • [Research@duke.edu](mailto:Research@duke.edu) • 919-681-9000



#### Spill a glass of water and see how you react

It might sound silly, but how we react to small inconveniences is a great way to gauge our own stress level. If you shrug your shoulders and say "oh well," as you wipe up the water, you may have little stress. If you throw your hands up in the air exclaiming how poor the rest of your day must go because of this small mess, you are probably experiencing stress or feeling slightly overwhelmed. Does your jaw and fist feel relaxed or clenched? Are your shoulders down or held tight up towards your ears? Stress can be both emotional and physical.

#### Ways to reduce stress:

- ❖ Reflect and recognize when you need help
- ❖ Exercise regularly
- ❖ Seek assistance for tasks you can delegate
- ❖ Eat healthy meals and stay hydrated
- ❖ Try to create downtime in your weekly schedule
- ❖ Take breaks
  - ❖ Go for a walk
  - ❖ Call and talk to a friend
  - ❖ Play with your kids, grandkids, or pets
- ❖ Try to go to bed earlier or improve the quality of sleep by removing distractions
  - ❖ No screen time 30 minutes before bed
  - ❖ Listen to soothing sounds
  - ❖ Read printed materials such as magazines

If you are stressed, those around you may be also. Seek help for all:  
Child-Help USA 1-800-422-4453 Youth Mental Healthline 1-888-568-1112 National Suicide Prevention Lifeline 1-800-273-TALK

#### Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

[Research@duke.edu](mailto:Research@duke.edu) or 919-681-9000

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#### Does tax season bring on more stress?

On average, 33% of Americans are very or somewhat anxious when filing taxes. **CREDITKARMA** Being prepared ahead of time can help reduce the pressure felt!

- ❖ Review changes to filing in your state and nationally with a quick internet search
- ❖ Gather the necessary documents ahead of time
- ❖ Research and find the best filing method for you
  - ❖ A home software program
  - ❖ Print forms and see if your bank will complete a free review
  - ❖ Give documents to a certified professional
- ❖ Start early and allow ample time before the deadline!

#### Words of Wisdom

"Do what you have to do until you can do what you want to do."  
-Oprah Winfrey