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## Five ways to ease the stress in your life

### Some stress is normal

Everyone feels stress from time to time. Some people describe it as tension or pent-up energy. Some stress is good. A car cuts in front of you on the highway. You slam your breaks in a panic. Stress helps you react the right way.

But severe or long-term stress can cause problems. Health research shows a link between stress and trouble controlling diabetes and asthma. Other research shows that stress can cause heart problems and a rise in blood pressure. You may already know the impact stress has on sleep.

### Stress management tips

The good news is there are steps you can take to reduce the stress in your life. Here are five you may find helpful:

1. **Manage your time better.** Make a list of tasks you need to do first. Set priorities, and forgive yourself when not everything's perfect.
2. **Set limits.** Yes, you want to tackle that extra work project. And maybe you made a million promises to run errands for your family. But try to end that knots-in-your-stomach feeling. Be honest about what you can realistically do.

3. **Exercise.** We all know how exercise can improve your health. But it can also help you feel better by lowering your stress. Take a walk, run, golf, swim, dance, do yoga. Just stay active. It has a calming effect. It can also help you forget about your problems.
4. **Ease your fears.** Sometimes the pressure we feel is what we cause ourselves. So ask yourself if a certain situation deserves as much stress as you feel. Ask yourself how likely it is that something you can't handle will happen.
5. **Talk to someone.** Talking to someone you trust can do wonders for lowering stress. It may even help you solve a problem. But talk to your doctor or seek counseling if your stress doesn't go away.

To learn more ways to manage stress, visit Aetna IntelliHealth® at [www.intelihealth.com](http://www.intelihealth.com).

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