Learn to Stress Less

Chronic stress is bad for your health. If you find yourself stressing often, these coping mechanisms can help you push past it.

Figure out your stress triggers

We all have triggers for stress, whether they’re events, tasks or even people. You can write a list of your triggers and devise problem-solving strategies for the things you’ve itemized.

Make time for yourself to unwind

Take time for activities you enjoy and organizing your life around your personal priorities.

Find ways that work for you to cut stress

According to the American Psychological Association’s Stress in America survey, about half of Americans listen to music or exercise to relieve stress.

Take care of yourself physically

Get more sleep, eat a balanced diet, and stay active.

Reach out to others

Talking to friends and family when you have a problem can provide a new perspective—or even help you find a solution. For more complex issues, seek help from a professional to learn new coping techniques or to find out if medication may benefit you.

Check out Sharecare’s mindfulness programs designed to help you breathe and relax, meditate, build mental strength, and sleep better. Visit mycare.sharecare.com, select the Achieve page, then Programs to learn more.