

SUNDAY MORNING HEALTH CORNER

Effective Ways to Cope with Stress

We all experience stress, yet we all experience it in different ways. The American Institute of Stress states that stress is “a physical, mental, or emotional strain or tension.” Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression, even severe problems like stroke and heart disease can result from stress.

The Southeast Diabetes Faith Initiative (SDFI) shares different ways to cope with stress this spring:



Be intentional with your rest. Decide when you are going to take a break to reset. To make sure you do, set a timer or add a reminder to your calendar.



Get moving. Get your heart pumping with dance or physical activity to release pent up stress. You can also try going for a walk or stretching.



Think about what refreshes you. It can be any activity (besides eating), as long as it's something that will help you relax. Try making a list of all the activities that you find reduce your stress.



Get organized. Sometimes writing out a to-do list, cleaning up a messy space, or organizing a junk drawer can clear your head.



Do a brain dump. Grab a piece of paper and write out everything that's floating around in your mind to make room for calmer thoughts.



You can take action to reduce stress and prevent type 2 diabetes. The Southeast Diabetes Faith Initiative (SDFI) offers an evidence-based lifestyle change program that can help you learn the skills you need to lose weight, become more physically active, and manage stress. Studies show that people with prediabetes who participate in a recognized Centers for Disease Control and Prevention (CDC), National Diabetes Prevention Program (National DPP) like SDFI could reduce their risk for type 2 diabetes by 50%.



Visit www.balmingilead.org/sdfi for more information on The Southeast Diabetes Faith Initiative .

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