Stress is a part of daily life and a result of a threat in a situation. Anxiety is a direct reaction to stress. Chronic stress causes symptoms including headaches, high blood pressure, chest pain, heart palpitations, skin rashes and loss of sleep.

We can sometimes feel at a loss when it comes to stress. We encourage you to take care of yourself and hope the following steps will assist those suffering from stress and/or anxiety.

1. **Do your best** - Instead of aiming for perfection, which isn't possible, be proud of however close you get.

2. **Accept that you cannot control everything** - Put your stress in perspective - is it really as bad as you think?

3. **Maintain a positive attitude** - Make an effort to replace negative thoughts with positive ones.

4. **Learn what triggers your anxiety** - Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

5. **Eat well** - Limit alcohol and caffeine. Both can aggravate anxiety and trigger panic attacks. Instead, drink water. Do not skip any meals and always keep healthy snacks on hand.


7. **Take deep breaths and count to 10** - Inhale & Exhale slowly when feeling stressed.

8. **Get help + Talk to someone** - Tell friends and family you're feeling overwhelmed. Talk to a physician or therapist for professional help.

**All tips and advices are taken from the Anxiety and Depression Association of America, ADAA**
EAT WELL

SPINACH AND STRAWBERRY SALAD

INGREDIENTS

2 BUNCHES SPINACH, RINSED
2 CUPS SLICED STRAWBERRIES
1 TABLESPOON SESAME SEEDS
1 TABLESPOON POPPY SEEDS
1 TABLESPOON WALNUTS AND/OR PECANS
1 CUP FETA CHEESE
1 TABLESPOON GREEK YOGURT
1 CUP BALSAMIC VINAIGRETTE

INSTRUCTIONS

PREP TIME: 10 MINUTES

Toss all ingredients into large bowl and whisk with balsamic vinaigrette.

Enjoy!

SUMMER ACTIVITIES

FREE TAI CHI CLASS

LOCATION: PLAZA AT FLUSHING COMMONS
SATURDAYS 10-11 AM

• JULY 28, 2018
• AUGUST 25, 2018
• SEPTEMBER 29, 2018

SPECIAL THANKS TO

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CitiCommunityDevelopment.com