

9 Stress Management Tips



Wisconsin Alzheimer's
Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Research has shown that chronic stress can have long-term effects on the brain, so managing stress is an important factor in overall brain health. When experiencing stress, the brain releases cortisol, a hormone that increases sugars in the blood and increases metabolism, partly through stimulating insulin release in the blood. If stress levels remain high for an extended period, the brain is exposed to too much cortisol, resulting in increased anxiety and blood pressure, increased risk for vascular disease, weight gain, depression, and sleep disruptions. It's essential to find effective ways to manage and relieve stress. Below are some tips to help you reduce stress and support brain health:

1 Practice Mindfulness and Meditation: One of the best ways of managing stress is by practicing mindfulness. Practicing mindfulness a few minutes a day can help improve your overall mood, boost focus levels, reduce stress and anxiety, and improve overall brain function. The Healthy Minds Program App offers meditation training and is available for free.

2 Exercise Regularly: Physical activity releases endorphins, which are natural stress relievers. Scan the QR code for exercise ideas, like the Get Movin' and Men in Motion fitness classes.

3 Get Quality Sleep: Sleeping is one of the most important things you do in your day. Develop a sleep routine and aim for 7-9 hours of sleep per night. Scan the QR code for more sleep tips.

4 Social Connections: Interactions with friends and family can help reduce stress and improve your overall well-being. Laughter releases endorphins and reduces stress hormones.

5 Hobbies: Doing things you enjoy, like listening to music, creating art or gardening, can be a great way to de-stress and promote relaxation.

6 Limit Caffeine and Alcohol: Excessive caffeine and alcohol intake can contribute to stress and disrupt sleep patterns.

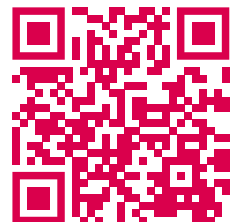
7 Healthy Diet: Eat a well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Omega-3 fatty acids found in fish, flaxseed, and walnuts are particularly beneficial for brain health and can help reduce stress. Scan the QR code to learn more about the MIND diet for healthy brain aging.

8 Cognitive Challenges: Engaging in puzzles, reading, learning a new skill, or playing brain-training games can help boost cognitive function and reduce stress.

9 Seek Professional Help: If stress becomes overwhelming and begins interfering with your daily life, consider seeking care from a mental health professional. They can provide effective coping strategies and support to manage stress and improve your overall well-being.

Loneliness, depression, anxiety, and suicidal thoughts are issues that many people face. If you or someone you care about may be at risk, call or text 988 for help.

Visit
adrc.wisc.edu/stress-management
for links to resources or scan the
QR code.



Finding the right combination of these strategies that work for you might take some time; what works to relieve stress can vary from person to person. Be patient and kind to yourself throughout the process.