

# Bounce back and be happy

Stress is just a part of life. By changing how you respond to it, you can feel happier and enjoy better health!

Your resilience is how well you “bounce back” from stress. When you are resilient, you can help prevent the long-term health issues that stress can cause, like digestive problems, sleeping disorders, obesity, high blood pressure and heart disease.

Here are some ways to build up your resilience. Try a few of these to see what works best for you.

Moda Health offers free, one-on-one health coaching, call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com). (TTY users, dial 711.)

## Tip No. 1

Rate your level of stress each day this week. Write down three areas of your life that are causing you stress.

## Tip No. 2

Practice breathing slowly. Count to 10 when you start to feel overwhelmed.

## Tip No. 3

Get moving! Set aside time to walk or try a yoga class. Activity usually makes it easier to keep stress in check.

## Tip No. 4

Get organized. Sort through your desk, kitchen, planner, email or whatever else feels cluttered.

## Tip No. 5

Make time for things you enjoy, like riding your bike, crafting or volunteering.

