



## Relaxation Methods That Really Work

Everyone has stress and feels its effects. Short-term effects of stress include headaches, shallow breathing, trouble sleeping, anxiety, and upset stomach. Long-term (chronic) stress can increase your risk for heart disease, back pain, depression, constant muscle aches and pains, and a weak immune system.

Chronic stress can affect your emotions and behavior. It makes you grouchy, impatient, less enthusiastic about your job, and depressed.

To keep stress at a minimum and reduce its effects on your life, research shows it is helpful to find and practice healthy ways to manage it. Try these methods to see what works best for you.

[Read more...](#)

## This Month's Webinar

### Minimizing Worry to Maximize your Life

Are you a worrywart? Nineteen million Americans are chronic worriers and 38 percent report worrying every day. We all worry at times, but if you constantly stress over everything in your life you may be developing a chronic worry habit that can lead to physical and mental health difficulties including stress-related illnesses, generalized anxiety disorder and depression. In this session, we will assist you in analyzing the root cause of worry, and strategies to break the cycle of worry.

[Log-in](#) any time this month to watch the webinar!