



## STRESS LESS QUEST

# Week 2: Move More

Walk, run, dance, or jump! Physical activity helps you stay healthier and feel better, which helps you keep all the stress in your life under control. Walk with a coworker at lunch, take the stairs instead of the elevator, or park on the other side of the parking lot. These are all simple ways to add a little exercise to your life.

It's recommended that adults get at least 30 minutes of physical activity each day. Can't find 30 minutes in your day? Try breaking it up into three ten-minute blocks.

The Centers for Disease Control and Prevention (CDC) has a list of tips to help you overcome barriers and find ways to get moving. Visit their website to learn more:

**[CDC.gov/physicalactivity/basics/adding-pa/barriers.html](https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html)**.



### Weekly Activity: Get Moving!

1. Choose an activity.
2. Make a pact with a friend or family member to do activities (together or separately), and then hold each other accountable.
3. Commit to doing it. Remember to pick something that you can enjoy and commit to doing long term.

What are you doing? \_\_\_\_\_

Who are you meeting? \_\_\_\_\_

When are you doing it? \_\_\_\_\_

How frequently will you meet? ☐ Daily ☐ Weekly ☐ Monthly

Already getting 30 minutes of daily exercise? Aim for 40 or 60 minutes each day. You'll soon feel the benefits of all your hard work!

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## Stress Management Tip: Avoid Unnecessary Stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. Many stressors in your life can be eliminated.

- **Learn to say no.** Know your limits and stick to them. Taking on more than you can handle is a surefire recipe for stress. Just be honest when saying no. Most people will understand if you simply say, "I have too much on my plate."
- **Avoid people who stress you out.** If someone consistently causes stress in your life, try to limit the amount of time you spend with that person, or end the relationship entirely.
- **Take control of your environment.** If the evening news makes you anxious, turn off the TV and spend more time away from social media. If traffic's got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping in the early morning or late evening when there are fewer or smaller crowds.
- **Avoid touchy subjects.** If you frequently argue about the same subject with the same people, stop bringing it up, or excuse yourself when the topic comes up.
- **Get organized.** Look at your schedule, responsibilities, and daily tasks. If you have too much on your plate, distinguish between the "shoulds" and the "musts." Drop tasks that aren't truly necessary.

Source: *HelpGuide.org*