



SATURDAY, JANUARY 19, 2008

Decrease Stress



We ran this story as part of our Healthbeat section on the news. The segment is done through a

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company called Medstar. I know most of us need to decrease stress in our lives, so I thought I would share the information with you!

More than one-third of people in the U.S. report experiencing extreme levels of stress.

Stress can lead to a host of problems, from headache and muscle tension, to high blood pressure and heart disease.

Dr. Kathleen Hall from [The Stress Institute](#) (the site is currently under construction) has a specific way to decrease stress in your life. Dr. Hall explains it through the acronym S.E.L.F.

The 'S' stands for Serenity. Relax your shoulders, stop thinking about everything you need to do and maybe even shed a few tears to release your exhaustion.

The "E" is for Exercise for the body and mind. Try playing online games for 10-20 minutes if you can't get to a gym.

The "L" stands for Love. Tell someone you love them. Get love from a spouse, kids or even a family pet.

The "F" is for Food. This is not about dieting. Try staying away from processed foods and focus on eating fresh food with lots of colors.

If that doesn't work, Dr. Hall suggests playing with your kids. Try things like tag, wrestling and pillow fights.

Dr. Hall says "It decreases your risk of dementia, Alzheimer's, it alleviates chronic pain."

Dr. Hall recommends [Pogo.com](#) for online games for parents.

For information and tips on dealing with stress:

[American Psychological Association](#)
[Centers for Disease Control and Prevention](#)
[Mental Health America](#)

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