

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Coping with stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun.

However, it's not that way for everyone. This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought.

Stress can be overwhelming, but understanding what you can do to help reduce stress is important.

Simple steps can make a big difference.

Here are some positive ways to help you reduce your stress:

- Start by talking to someone you trust — your spouse, a family member or close friend.
- Get enough sleep.
- Find an exercise or activity that helps you relax.
- Eat healthy foods.
- Reduce consumption of alcohol and/or drugs.
- Take up a hobby such as gardening or making home repairs.
- Practice deep breathing, meditation, or muscle relaxation.
- Listen to music.



- Seek counselling if you continue to struggle.

For more information on how to reduce stress or how to get help, call Health Link toll-free at 811 or visit [www.myhealth.ab.ca](http://www.myhealth.ab.ca). Free virtual courses such as Transform Your Stress are also available through Alberta Health Services. Visit [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes) for more information.