

Take a You Turn for Better Emotional Health



Coping skills can help take care of stress and anger

Stress is a normal mental and physical answer to life events. A new job, the death of a loved one or money problems can all lead to stress. Stress itself isn't bad. What matters is how you deal with it. If you don't handle stressful situations well, now is the time to do something about it. When you learn to use the right coping skills, the road to better emotional health can be a lot less bumpy.

Steer clear of stress with these calming relaxation techniques:

- Practice yoga or tai chi.
- Listen to soothing music.
- Work out regularly.
- Think about peaceful mental images.
- Get a massage.
- Meditate.

Learn your stress signals so you can know when to practice relaxation techniques. And don't forget to reach out to supportive friends or family members who can help you during stressful times. If stress results in problems coping with everyday life, seek professional help.



BlueCross BlueShield of Illinois



Put the brakes on anger

We live in a complex, fast-paced world, which can sometimes cause harmful emotions, such as anger. Experts say that anger is okay when used in the right situations and in limited amounts. But if anger is a normal habit, it can hurt your relationships with others. Uncontrolled anger can also weaken your body, making you more vulnerable to heart disease, diabetes and other health problems.

Put the brakes on anger with these ideas:

- Change the way you think to avoid being overly dramatic.
- Be careful of words like never or always when talking about yourself or someone else.
- Remember that getting angry does not fix things and may make you feel worse.
- Use logic since anger can quickly become irrational.
- Focus first on how to handle and face a problem, rather than how to solve the problem.
- Slow down to think, rather than jumping to conclusions before talking.
- Use humor to help take the edge off of tension.
- Change your setting, such as reserving a certain part of the day for a personal break.
- Time discussions appropriately to help avoid fights.
- Find other choices, such as mapping out another route to work if traffic causes you to be upset.

If you feel your anger is out of control, think about seeing a psychologist or other licensed mental health professional. Together, you can make a roadmap to get your thinking and your actions on the right track.