

WOMEN AND STRESS

Chronic Stress and Women's Health

Adapting to stress is important because chronic, unmanaged stress can lead to mental health problems such as depression and anxiety. These problems impact more than 1 in 5 women in the United States.



Stress can also lead to unhealthy habits:



Overeating



Physical inactivity



Smoking

Healthy Ways To Cope With Stress



Speak to your health care professional about stress in your life and how it may impact your health.

Take care of your body.

 Eat healthy, well-balanced meals.

 Exercise regularly.

 Get plenty of sleep.

 Avoid tobacco and excessive alcohol use.

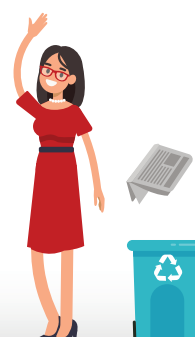
 Take deep breaths, and stretch regularly.



Make time to unwind. Try to do some other activities you enjoy.



Connect with your community or faith-based organizations. Get in touch online, or by phone or mail.



Take breaks from watching, reading or listening to news stories.

Learn More at heart.org/Stress