

Industrial Insurance Agency

*August 28th, 2012 TIPS FOR TUESDAY*TM

Let Stress Fall From Your Autumn Schedule

A sledgehammer. A ton of bricks. Call it what you will. When stress hits you, you feel sluggish, harried, and short-tempered.

Sometimes stress can be good. Stress can help you learn to manage potentially threatening situations in life. But stress can be harmful to your health and well-being if you are feeling out-of-control or overwhelmed.

While you can't avoid stress, you can stop it from dragging you down.

Here's how:

- Learn to take care of yourself. Schedule at least 20 minutes every day just for you. Crack open a book, go for a stroll, or do something else you enjoy.
- You don't have to be a "yes" man or gal for every volunteer opportunity. Your time is important too and you have the right to say no and put yourself first sometimes.
- Take notes about what you have to do and break down large goals into doable steps. Then, set realistic deadlines for achieving each step. When things pop up and change your time frame, be flexible enough to roll out Plan B.
- Avoid drugs and alcohol. They may seem to help, but can end up causing more problems.
- See the good as well as the bad. Write down or make a mental note of all the positive things that happen each day.
- Look at other brain drains in your life besides stress. Not getting enough sleep or drinking enough water can snuff out your energy. On the other hand, eating right and exercising regularly can help prevent stress.

Wellness Messages for National Cholesterol Awareness Month

Cholesterol numbers – taking the good with the bad

Cholesterol isn't bad, as long as you keep your numbers in check. If too high, this waxy substance can build up and clog your arteries, which can lead to heart problems. High cholesterol doesn't have symptoms, so consider making a fasting cholesterol screening part of your once-a-year exam. Aim for:

- Total cholesterol measuring below 200 mg/dL
- HDL (good) cholesterol level of 60 mg/dL or higher
- LDL (bad) cholesterol at less than 100 mg/dL
- Triglycerides (one more type of fat in the body) below 150 mg/dL

Eat to your heart's content. A heart-healthy diet can help you keep optimal cholesterol levels. Limit foods that are high in trans fat, saturated fat and cholesterol. Include: lean meats, fish and poultry; fruits and vegetables; high fiber foods; whole grains, and fat-free or low-fat dairy products.

Get a winning combination with your cholesterol numbers by scheduling regular screenings and striving for a healthy lifestyle.



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