



## Simple Ways to Relieve Stress and Anxiety

Stress and anxiety are common experiences for most people. In fact, 70% of adults in the United States say they feel stress or anxiety daily. Below are a few ways to relieve stress and anxiety.

### EXERCISE – Regular exercise can help lower stress and anxiety by releasing endorphins and improving your sleep and self-image.

Exercise is one of the most important things you can do to combat stress. It might seem contradictory but putting physical stress on your body through exercise can relieve mental stress. People who exercise regularly are less likely to experience anxiety than those who don't exercise



### CONSIDER SUPPLEMENTS – Certain supplements can reduce stress and anxiety, including ashwagandha, omega-3 fatty acids, green tea and lemon balm.

Several supplements promote stress and anxiety reduction. Here are some common ones:

- **Ashwagandha:** Ashwagandha is an herb used in Ayurvedic medicine to treat stress and anxiety. Several studies suggest that it's effective.
- **Omega-3 fatty acids:** One study showed that medical students who received omega-3 supplements experienced a 20% reduction in anxiety symptoms
- **Green tea:** Green tea contains many polyphenol antioxidants which provide health benefits. It may lower stress and anxiety by increasing serotonin levels.
- **Lemon balm:** Lemon balm is a member of the mint family that has been studied for its anti-anxiety effects



### AROMATHERAPY – Aromatherapy can help lower anxiety and stress. Light a candle or use essential oils to benefit from calming scents.

Use scents to treat your mood. Using essential oils or burning a scented candle may help reduce your feelings of stress and anxiety. Some scents are especially soothing. Here are some of the most calming scents:

- |            |                  |                   |
|------------|------------------|-------------------|
| • Lavender | • Frankincense   | • Roman Chamomile |
| • Rose     | • Sandalwood     | • Neroli          |
| • Bergamot | • Orange Blossom | • Geranium        |



### WRITE IT DOWN – Keeping a journal can help relieve stress and anxiety, especially if you focus on the positive.

One way to handle stress is to write things down. While recording what you're stressed about is one approach, another is jotting down what you're grateful for. Gratitude may help relieve stress and anxiety by focusing your thoughts on what's positive in your life.



For additional ways to relieve stress and anxiety, [click here](#).

## About National Women's Health Week

National Women's Health Week (NWHW) is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH).



The week May 9–15, 2021 serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves. It is important for all women and girls, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older, to take care of your health now. Here are some steps you can take for better help!

### Visit Your Doctor

Annual checkups are an absolute must for maintaining good health. If you haven't had a physical in a while, contact your doctor and book an appointment. Yes, even if you're feeling great.

### Analyze Your Diet

Check your eating habits to make sure you're getting the recommended daily allotment of nutrients. It's easy to slip into an unhealthy eating routine. Make National Women's Health Week a time to adjust your diet.

## Why National Women's Health Week Is Important

### Happiness Starts with Good Health

Healthy women have more energy to get through the day and approach life with more hope and optimism. They are less stressed and experience lower levels of anxiety. Use National Women's Health Week as a reminder to breathe.

### Kids Need Their Moms

For moms, living a healthier lifestyle and taking preventative measures means they'll be around longer for their kids. Also, kids tend to adopt their parents' habits; healthy moms are likely to have healthier kids.



### Good Health is Infectious

When friends and family see how happy you are by living a healthier lifestyle, they'll want a piece of that happiness pie. Living and eating well shows others that they can do it too.

For more information on National Women's Health Week, [click here](#).



**WICT  
Wellness  
Wednesday  
Wake-Up**

*First Wednesday  
of every month  
8:15 AM – 8:45 AM*

*Topic Discussion  
varies monthly!*