

Well-Being Tips: Stress

Stress is caused by many factors and can affect both your physical and emotional well-being. Chronic stress can lead to problems like anxiety, depression, digestive problems, heart disease, weight gains, and more.¹ Recognizing common stressors is the first step in coping with stress. Here are four common stressors and possible tips to address them:

Money: One of the biggest stressors for American's is money¹. If you find yourself worrying over finances, here are some things you can do:

- Meet with a financial advisor to discuss your financial goals and plans
- Attend online or in-person workshops ([UW Credit Union](#) has financial seminars for members and the public)
- Check out the [ETF Financial Fitness Program](#) to learn about many different financial topics.

Relationships: Balancing and integrating work and life is hard, but it can be even more difficult when you throw friends and family into the mix. If you're struggling to fit relationships into your hectic life, consider the following:

- Talk to your manager about how they can help you [integrate work and life](#) to meet your relational needs
- Set boundaries, when necessary if you're feeling overwhelmed

Uncertainty: Worrying about things that could happen or situations out of our control can leave us feeling stressed and pessimistic. If you find your mind racing with possible scenarios or things that are out of your control, try these things to help ease your mind:

- Try [deep breathing](#) exercises at your desk
- Practice meditation. [Here](#) are some recordings to get you started.

Time: Do you ever feel like there is not enough time in the day to finish you work, tasks, or other priorities. You are not alone! Deadlines and managing time are difficult tasks. Here are some [tips](#) for dealing with this type of stress:

- Prioritize tasks by importance and urgency
- Try to limit procrastination by breaking up large tasks or setting an early deadline for yourself
- Make wise commitments

¹ [American Psychological Association study](#)

² [Mayo Clinic](#)