



TARGET TIPS

STRESS LESS



Stress comes in many forms and from many sources. Whether it's the mounting yearly pressure of holidays, fiscal responsibilities, or unforeseen health obstacles, stress finds everyone. The difference comes in how you choose to cope with it when it seems to be more than you can handle. Along with a healthy dose of preparation, planning, checklists, and can-do attitude, here are a few tips to get you through when you might feel in over your head.

METABOLISM MATTERS

The next time you get your VO2 Max tested, ask your trainer about the Cardio Coach app. Having your heart rate zones at your fingertips will help you feel motivated to work out regularly and effectively, keeping your stress level down and your energy level high!

Re-frame it. One of the most harmful things people do to themselves (often unknowingly) is to cast their circumstances in a light of negativity. Try replacing the word “stress” with “challenge.” Choose to see pressure as an invitation to grow rather than a threat. Practice power poses and positive affirmations in the mirror. Even if the change seems only to happen inside your head, the effects will be real and visible.

Do something for yourself! There is nothing wrong with working yourself a little harder to get through a rough time or to reach a lofty goal. These experiences often build character, promote empathy, and allow you to accomplish things that could not have gotten done any other way - but don't forget to take a breather every now and again. Enjoy a power nap, set aside twenty minutes to read something that interests you, take a bath, or treat yourself to an evening out. Whatever is going to leave you feeling restored and ready to take on your challenges is worth a little extra time and effort.

When in doubt, work out. When you're stressed, exercise is vital. It's not just about burning calories, either. It's well known that exercise stimulates the release of endorphins - a natural way to decrease stress, boost energy, and improve mood. Often the stress you feel is compounded by your own emotional reaction to it. Take a few minutes to recharge. When you return to your to-do list, you will see each challenge objectively for what it is, rather than for the deceptively long shadow it casts.