

Medical Edge from Mayo Clinic

Managing Stress

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE
	WHEN LIFE PILES IT ONE... AT WORK AND AT HOME... IT'S EASY TO FEEL OUT OF CONTROL, OVERWHELMED... STRESSED OUT! EXPERTS SAY IT'S IMPORTANT TO BUILD SOME BALANCE INTO YOUR LIFE.
Rick Seime, Ph.D. Track 3 (1:00)	"SO YOU'RE NOT A ONE-TRICK PONY WHERE YOU PUT ALL YOUR EGGS IN ONE BASKET... YOU'RE WORKING ALL THE TIME OR YOU'RE CONSTANTLY DRIVING YOURSELF."
	MAYO CLINIC PSYCHOLOGIST RICK

	SEIME SAYS LEARNING HOW TO SAY BOTH YES AND NO WHEN PEOPLE ASK YOU TO DO THINGS IS A BIG START. APPROACH CHALLENGES AS OPPORTUNITIES RATHER THAN HASSLES. AND DEVELOP NEW SKILLS TO HELP YOU COPE WITH STRESSFUL SITUATIONS.
Dr. Seime Track 4 (1:00)	“HAVE MORE THAN ONE TOOL IN YOUR TOOL BOX. BECAUSE LIFE REQUIRES MORE THAN JUST A HAMMER.”
	DON'T FORGET TO EAT RIGHT, EXERCISE, GET PLENTY OF REST, STAY SOCIALLY CONNECTED AND FIND WAYS TO RELAX..
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT ONTO MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.