Wellness Tips
Ways to Deal with the Stress of Living with Terrorism

Stress is a physical reaction to any change in our status quo. Today, acts of terrorism and war are being pushed to the forefront of the media. We are exposed to it everyday on TV, radio and in the newspapers. We are being asked to prepare for events that may or may not happen. This change in the status quo is certain to induce stress.

When left unchecked, stress can lead to serious health problems. Forty-three percent of all adults suffer adverse health effects due to stress, and 75 to 90 percent of visits to the doctor are related to stress! The following tips can help you cope during these stressful times:

- **Take care of yourself first.** Eat healthy foods and get enough sleep.
- **Exercise regularly.** Physical activity relieves stress and promotes well-being.
- **Balance work and play.** Plan time to relax and escape from your regular routine.
- **Prepare yourself for stressful events.** Practice feeling calm in stressful situations.
- **Try relaxation exercises.** Imagine a restful scene; practice deep breathing and meditation.

**Overcoming Anxiety**

Today, it is not uncommon to feel anxious and apprehensive because of the threat of terrorism. The nervous feelings will come and go. However, if you are in a constant state of anxiety, it can quickly become overwhelming and may get in the way of your daily life. Below are some helpful tips to assist you in overcoming anxiety:

- **Limit your television news viewing.** Keep informed, but don’t watch television around the clock.
- **Volunteer.** Doing something nice for someone else can improve your frame of mind.
- **Limit caffeine after lunchtime.** Too much caffeine can make you edgy and anxious.
- **Avoid nicotine and alcohol.** They both contain chemicals that can cause anxiety.
- **Talk to someone.** If you start to feel overwhelmed, talk with a friend, family member, doctor, religious advisor or mental health professional.

**Resources Are Available**

Call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you. Additional information, self-help tools and other resources are available online at [www.MagellanHealth.com](http://www.MagellanHealth.com).

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