

# WOMEN AND STRESS

## Chronic Stress and Women's Health

Adapting to stress is important because chronic, unmanaged stress can lead to mental health problems such as depression and anxiety. These problems impact 1 in 5 women each year.



Stress can also lead to unhealthy habits:



Overeating

Physical inactivity

Smoking

## Healthy Ways to Cope with Stress



Speak to your doctor about stress in your life and how it may impact your health.



Make time to unwind. Try to do some other activities you enjoy.




Connect with your community or faith-based organizations. Get in touch online, through social media or by phone or mail.




Take breaks from watching, reading or listening to news stories.


### Take care of your body.

 Eat healthy, well-balanced meals.

 Exercise regularly.

 Get plenty of sleep.

 Avoid tobacco and excessive alcohol use.

 Take deep breaths, stretch regularly.

Learn More at [heart.org/Stress](https://heart.org/Stress)