



**Aching, sore muscles.** Stress prompts the output of adrenaline, which triggers ongoing tension, making your head, neck, or even your legs and other muscles rigid and sore. Manage it by getting up to stretch or walk periodically. Excess caffeine can also be a culprit, so try cutting back on your consumption.

**Getting more colds than usual.** Stress can run down your immune system. Bolster it by getting sound sleep, drinking plenty of water and eating nutrient-dense foods. Remember to use good hygiene—regular handwashing, avoid sharing food and utensils, and use hand sanitizers. Maintain your distance or wear a mask if you need to visit someone who has a cold or flu, and be sure to get a flu shot as fall approaches.

**Your digestive system has gone haywire.** Heartburn, constipation, diarrhea, GERD or other tummy troubles can be triggered by stress-induced stomach acid production. Avoid known stomach irritants such as alcohol, coffee, spicy foods and mints. Treat mild symptoms with antacids and other over-the-counter medications. Soothe yourself with deep-breathing exercises, walking and other enjoyable physical activities.

**Lost sleep.** Excessive worrying prior to bedtime can boost adrenaline levels, keeping you tossing and turning. Stash troubling thoughts in a worry journal, and try a relaxing wind-down routine that includes meditation or focusing on pleasant thoughts to usher you into deep slumber.

**Troubled skin or hair.** Stress can stimulate inflammatory skin cells that contribute to dryness, itchiness, and hair loss, and can also prompt flare-

## Prevent a bad mood

Being on a roller coaster of fluctuating moods can affect your relationships, work and more. By changing your habits, it's possible to take charge of your moods and feel more stable, enabling you to experience life more positively without being a prisoner of your emotions. Here are some suggestions:

**Don't let your feelings fester.** Admit them, and consider if something happened in the last 24 hours to trigger your negativity. Are there issues that you've put off dealing with or problems that you should address?

**Consider if a particular person or situation prompts a bad mood.** Figure ways to limit your time with them or the situation. Are you trying to change things you really can't control, or do you expect a different, unlikely, outcome? Try to accept people and things as they are.

**Don't catch a bad mood.** Are you feeling susceptible to someone else's strong emotions? Try focusing on something else—or take a brisk walk.

**Set boundaries.** When feeling triggered, take a break, or stop talking to the person, or set boundaries.

# Choosing feel-good foods



## September is Suicide Prevention Awareness Month: Getting Help Is a Strength

Suicide is a leading cause of death in the U.S. The current economic decline, financial loss, and other troubling events have increased many risk factors for suicide, such as depression. But depression can be treated and there is support to overcome your struggles and renew hope. **Know the warning signs.** If you or someone you know is talking about suicide, withdrawing from friends and family, expressing hopelessness, has experienced a painful event, is disinterested in activities or seeking access to a weapon, pills, or other potential means of harm, **get help. Call the 24/7 988 Suicide & Crisis Lifeline** to connect with a trained counselor, or call 911. **For more information, visit:** [www.cdc.gov/suicide/](http://www.cdc.gov/suicide/)