

# 5 Ways To Relieve Stress in Honor of National Stress Awareness Day

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Stress is a big part of our lives and thankfully there is a day to recognize this: This year, April 16 is National Stress Awareness Day.

Healthcare providers endure a stress that is unique to their profession: they must be constantly alert and efficient, administer the utmost level of care to all patients whether they are tired, or having a bad day or even sick themselves. Then there's the stress of bad relationships, at home or with colleagues; financial stress, and the fatigue that builds up from handling all of these stresses together.

It's not that we need a day to tell us we have stress in our lives; rather, we need to recognize that stress is universal and dealing with it is something that we all need to incorporate into our lives.

Here are five ways healthcare providers can handle the stress they encounter in their jobs and personal lives:

1. Exercise: Take a long walk or run today. Studies show that exercise is one of the best stress busters, releasing those famous endorphins that help us to relax.
2. Treat yourself to a "wine & dine." You make dinner for everyone else; it's about time you treated yourself to a relaxing night away from responsibility.
3. Take a mini vacation or surprise weekend getaway - you deserve it get a hotel room somewhere private and enjoy a little R&R
4. Meditate for 30 minutes today - this will help you relax and focus your mind to the right place, helping you forget the worries of the day. It's rejuvenating!
5. Sleep: go to bed early tonight and get the sleep your body deserves.

Stress is something we all confront sooner or later and sometimes, like an unwelcome house guest, it shows up and never leaves. Professional liability insurance is something that can help healthcare providers alleviate certain stressors but in some cases you have to learn how to be good to yourself and know when enough is enough. We all deserve a break away from the stress of life occasionally, today is a good day to do just that.