KAISER PERMANENTE® thrive

LET'S SMILE MORE AND STRESS LESS

HANDLING STRESS

Too much stress takes a toll on your body and your mind. It can zap your energy, make it tough to concentrate, and mess with your immune system. That's why it's so important to take control over stress before it takes control over you. Do yourself a favor and find healthy ways to de-stress.

Humor is healthy

A good laugh can be a great stress reliever. Laughter increases your oxygen intake and the endorphins released by your brain. No joke!

Take a deep breath

Did you know that stress can trigger asthma attacks? Learning healthy ways to cope with stress can help you feel better and breathe easier.

Do what you love

Spending time doing something you enjoy can help you stress less. It doesn't even matter what you do – just that you like doing it.

Find balance

Share how you de-stress with #RiseAndThrive.