

# Know Your Numbers

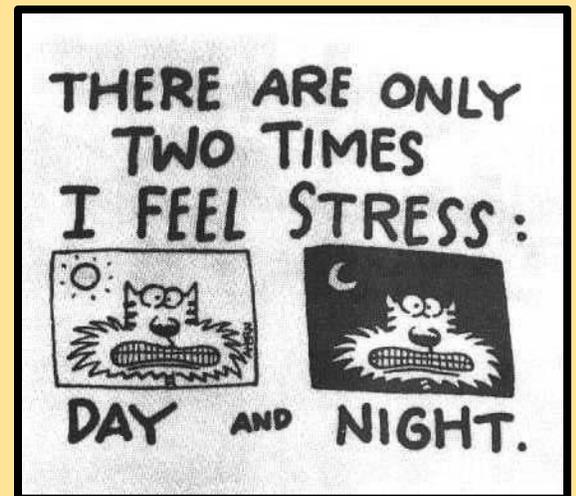
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## Stress and Your Cholesterol

**Are you Stressed out?** Being part of the high-tempo ops and balancing between work, family and friends...you just might be.

- Research shows that your reaction to stress is one mechanism through which higher cholesterol values may develop.
- Studies also show that the fight-or-flight hormonal response may also increase the fat particles in your blood stream.

Some stress is normal and even good; but too much is not. How you cope is what matters most.



### 7 things You can do to lower your stress levels

1. Be A Realist! Not everyone and everything is perfect all the time.
2. Get some good sleep (7-9 hours is best). Sleep allows you to recover and restore. Make it dark, cool and quiet.
3. Read comics....Laughter is good.
4. Exercise! Even if you only have a few minutes walk around the block.
5. Avoid excessive scheduling. Say "no" sometimes.
6. Shut off the phone for even just a little while each day.
7. Stop by the HAWC and take a break in our Relaxation Room. It's Free!



Call the HAWC with more questions x 6464  
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