

# Take a Breath

Social Determinants of Health – Daily Stress Risk

There is a growing understanding that health is influenced by factors beyond the individual. Behaviors that contribute to health can be facilitated or hindered by conditions in society that are shaped by the distribution of money, power, and resources. These conditions are called the social determinants of health (SDOH). They can create inequities so that some people are not as well equipped as others to achieve their optimal health potential.

At Bellin Health, we realize that managing stress can be a factor of one's social determinant of health, and we are connecting our patients to resources to help them achieve their optimal health. In addition, here are some ideas to bust stress in the moment:

1. **BE ACTIVE.** Take a walk around the block, run up and down the steps, or take a dance break. Moving increases endorphins and blood flow, which can help us fight stress.
2. **TAKE A BREATHING BREAK.** Deep breathing or even just focusing on your breath can reset your nervous system to calm down.
3. **SHOW GRATITUDE.** When life is getting you down, write out 3 things you are grateful for. Your attitude will instantly improve.
4. **CHECK IN WITH YOURSELF.** When life gets chaotic, it is important to evaluate how you are feeling. If you feel down, reach out to a friend, colleague, or seek support from a crisis hotline or service.
5. **LAUGH!** Nothing loosens the mood more than laughing. Google a joke or find a funny TikTok and reduce those feeling of stress with laughter.



## COMMUNITY RESOURCES

Bellin Health is committed to connecting you to free resources to help you manage stress.

**LEARN** about mindfulness, a successful stress fighting strategy, and to take part in an online mindfulness course, visit <https://palousemindfulness.com>.

**IMPROVE** your life and lessen stress. For more info or to connect with a Well Badger Resource Center specialist, call **800.642.7837** text **608.360.9328** or email [help@wellbadger.org](mailto:help@wellbadger.org).

**JOIN** our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life, contact [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org).

**CONTACT** our Bellin Health Lifestyle Medicine team at [LifestyleMedicineTeam@bellin.org](mailto:LifestyleMedicineTeam@bellin.org) for more community resources, support, and next steps.

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Real-life solutions for common health and wellbeing challenges.

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Real advice for real people to support your mental health.

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Lifesaver Wellbeing Series