

# Download Managing Your Mental Health Stress Free Plus

Having poor overall health can make recovery harder. Finding ways to take care of your health can aid your recovery and help you feel better. Get routine check-ups and visit your doctor when you're not feeling well. PESI is the leader in continuing education seminars, conferences, in-house training, webcasts and products for mental health professionals. Featuring the world's leading experts, PESI continuing education provides practical strategies, treatment techniques and interventions that will improve client outcomes. PESI is an accredited provider of CE by numerous accrediting agencies including the ...

**HOW SLEEP HELPS** Sleep may seem like a waste of time. You could instead be answering e-mail, doing the dishes, repairing the deck or decking the halls. But research shows that you're more likely to succeed at your tasks—and enjoy greater well-being—if you get some serious shut-eye.

**Tip 2: Practice the 4 A's of stress management.** While stress is an automatic response from your nervous system, some stressors arise at predictable times: your commute to work, a meeting with your boss, or family gatherings, for example.