Chronic Stress and Women’s Health

Adapting to stress is important because chronic, unmanaged stress can lead to mental health problems such as depression and anxiety. These problems impact 1 in 5 women each year.

Stress can also lead to unhealthy habits:
- Overeating
- Physical inactivity
- Smoking

Healthy Ways to Cope with Stress

- Speak to your doctor about stress in your life and how it may impact your health.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with your community or faith-based organizations. Get in touch online, through social media or by phone or mail.
- Take breaks from watching, reading or listening to news stories.

Take care of your body.
- Eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid tobacco and excessive alcohol use.
- Take deep breaths, stretch regularly.

Learn More at heart.org/Stress