



Outreach of the Month:



Information for Your Patients

April, 2025

Volume 4

In This Issue

Gaps in care Outreach
topic:

Stress Awareness

Follow the Link:

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UOP website

Helpful Links:

<https://www.heart.org/en/>

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<http://www.uopdocs.com>

Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke, such as:

- Smoking
- Overeating
- Lack of physical activity
- Unhealthy diet
- Being overweight
- Not taking medications as prescribed

Depression and negative psychological health conditions are associated with a less healthy heart and body, while optimism and other positive mental health states are associated with a healthier heart and body.

Fortunately, you can manage stress by:

- **Exercising regularly.** It can relieve stress, tension, anxiety and depression. Consider a nature walk, meditation or yoga.
- **Making time for friends and family.** It's important to maintain social connections and talk with people you trust.
- **Getting enough sleep.** Adults should aim for seven to nine hours a night.
- **Maintaining a positive attitude.** Keep a gratitude journal and write weekly entries.
- **Practicing relaxation** techniques, such as meditating or listening to music.
- **Finding a stimulating hobby.** A hobby you enjoy can keep you engaged so you don't dwell on negative thoughts or worries.
- **Figuring out how stress affects your body is an important step in dealing with it. Identify sources of stress in your life and look for ways to reduce and manage them. A health care professional can help you find ways to manage your stress.**

Contact your UOP PCP today

UOP: Focuses on the delivery of high quality healthcare and honors commitments to our providers, patients, and our participating health plans.