

Advice on how Stress Management Can Help You Live a Better Life, by Dr. Matthew Bogard

Coping with stress is a real dilemma for everyone. Physician Matthew Bogard explains how effective stress management can improve the quality of your life.

CHARITON, IOWA, UNITED STATES, February 20, 2019 /EINPresswire.com/ -- People may be affected by stress at any stage of their lives. Usually, adults suffer from stress because of problems related to their family and workplace. Teens stress out due to academic and social pressures. They might find it difficult to study and score good grades. They could also have difficulty acclimating to their school's environment and making friends. Moreover, people suffer from stress because of difficult relationships, bullying, unemployment, the loss of a loved one, among many other causes. [Matthew Bogard, MD](#), shares his thoughts in a new article, which is available on his blog at <https://matthewbogardmd.blogspot.com/>

“

you should get proper sleep, consume a balanced diet, moderate your intake of alcohol, and manage your time efficiently. If this doesn't help, consult a medical doctor to help you manage stress”

Matthew Bogard, MD in Iowa & Nebraska

Stress greatly affects your health in a number of ways. This may include frequent headaches, difficulty sleeping and concentrating, fatigue, unusual mood swings, and an upset stomach. The effects of long-term stress include high blood pressure, heart attack, abnormal changes in weight, depression, skin problems, and fertility problems.

Stress management is a tool that can help you cope up with the trials and tribulations of life and decrease your chances of developing health complications. Here are some useful stress management tips that help you set your stress aside.

Avoid Over-analyzing

If you're facing problems managing the office workload or going through a difficult relationship, do not let it affect your health. You should learn to accept some things as they are and understand the fact that excessively worrying about an issue and letting it overtake your mind won't make things better. All you need to do is stop thinking and take action.

Talk to your boss and colleagues about the problems that you're facing. They will help you find a way to overcome those problems. If you're in a difficult relationship, talk to your partner and try



The screenshot shows the website of Dr. Matthew Bogard, an Emergency Physician. The header features a large image of an ambulance with the word "EMERGENCY" visible. Below the header, the text reads "DR. MATTHEW BOGARD, EMERGENCY PHYSICIAN" and "Doctor Matthew Bogard practices Emergency Medicine in Nebraska and Iowa. Find out more about the doctor who is treating you." The main content area is titled "ABOUT DR. MATTHEW BOGARD" and includes three circular profile pictures of Dr. Bogard in different settings. Below each picture is a section titled "Specialized Training", "Training for Emergencies", and "Involvement in the Medical Profession" respectively, each followed by a detailed paragraph about his qualifications and experience.

Website of Dr Matt Bogard at [matthewbogardmd](http://matthewbogardmd.com)

to solve your problems by putting your differences aside. Taking action will solve problems and save you from over-thinking and getting stressed unnecessarily.

Ask Yourself “So What?”

Whenever you face a difficult situation in life, think of the worst that can happen. Ask yourself the “so what?” question. Thinking about the worst case scenario can help you maintain an optimistic attitude and accept life’s problems. You’ll understand the fact that there are certain events in life that you do not have power over. You cannot control those things or prevent them from happening.

Control Your Anger

Feeling upset and being furious over petty issues in life can cause you to suffer from unnecessary stress. Remaining calm and solving problems logically instead of getting aggressive can sort out a lot of problems in your life that cause stress.

Similarly, you don’t need to say everything that you think. Sometimes, you need to let go of things and suppress your inner voice and beliefs. Arguing needlessly will do nothing else except further complicate things and cause stress.

Exercise, Yoga, and Meditation

Meditation and yoga can help you gain control over your feelings and lower your chances of developing stress. Yoga helps in connecting your mind with your body. It will help you in dealing with stressful situations calmly. Moreover, daily exercise can help you fight stress by releasing chemicals in your brain called endorphins that soothe your brain and lower stress.

Apart from these tips, you should get proper sleep, consume a balanced diet, moderate your intake of alcohol, and manage your time efficiently. If this doesn’t help, consult a medical doctor to help you manage stress and live a better life. Don’t ignore stress thinking that it will go away on its own, advises [Dr. Matthew Bogard](#). Following the above-mentioned stress management tips or seeking professional help are the best options that you have.

*** [Physician Matthew Bogard](#) practices Emergency Medicine in Omaha, Nebraska. During his training at the University of Nebraska College of Medicine, he was selected to join the Advanced Rural Training Program, a four-year residency that trains physicians to provide comprehensive full-spectrum medical care. During his residency, Dr. Bogard served on the Board of Directors of the Nebraska Academy of Family Physicians, was active with the Nebraska



Matthew Bogard MD Omaha Nebraska



Dr Matthew Bogard Omaha Nebraska

Medical Association, mentored multiple medical students and was honored by the Nebraska Legislature as "Family Physician of the Day." Dr Matt Bogard primarily practices Emergency Medicine. Dr. Matt Bogard is Board Certified by the American Academy of Family Physicians and Board Eligible in Emergency Medicine.

Website: <https://matthewbogardmd.com/>

News: <https://medicogazette.com/dr-matthew-bogard%2C-iowa>

News: <https://hippocratesguild.com/dr-matthew-bogard>

Blog: <https://matthewbogardmd.blogspot.com/>

LinkedIn Profile:

<https://www.linkedin.com/in/matthewbogard/>

News: <https://attorneygazette.com/matthew-bogard%2C-md#7244cab0-d3fa-44b9-8632-6f83b0524da4>

News: <https://hype.news/dr-matthew-bogard/>

Matthew Bogard, MD

Matthew Bogard, MD

+1 641-774-3000

[email us here](#)

Visit us on social media:

[LinkedIn](#)



Emergency Physician Matthew Bogard in Omaha Nebraska



Dr Matthew Bogard Omaha Nebraska

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.