



# Stress Management While Using Obesity Management Medications



## Why Managing Stress Matters

Stress affects the body and mind. High stress can worsen nausea, stomach upset, fatigue, sleep problems, and emotional eating—all of which may already be changing while you are on a GLP-1 medicine. Stress also affects blood sugar, heart health, and weight over time. Managing stress can help you feel better day to day and support your long-term health.

## How stress may show up on GLP-1 medicines

- Feeling more irritable, anxious, or overwhelmed
- Stress making nausea or stomach symptoms worse
- Trouble sleeping or relaxing
- Using food, screens, or isolation to cope

These reactions are common during body and routine changes. You're not doing anything wrong.



## SIMPLE WAYS TO CALM YOUR BODY

Research shows these tools can lower stress and improve well-being. Try one or two that feels doable:

- ✓ **Slow breathing:** inhale for 4 seconds, exhale for 6 seconds, repeat for 2 minutes
- ✓ **Mindful moments:** notice your breath, sounds, or body without judging
- ✓ **Gentle movement:** walking, stretching, or light yoga
- ✓ **Time in nature:** even short outdoor breaks can lower stress
- ✓ **Sleep support:** consistent bedtimes and screen-free wind-down time



## STAYING CONNECTED— EVEN WHEN YOU FEEL STRESSED

You can still enjoy time with others—even when stress is high or your energy is low. Social connection helps protect mental health and lower stress.

### Helpful tips:

- ✓ **Focus on connections for channeling your stress** in a positive way with activities you enjoy: have a walking phone call with a friend, go to a concert, or get together for game night.
- ✓ **Take breaks** if you need quiet or fresh air
- ✓ **Use a simple response if asked how you're doing:**  
"I'm taking things one step at a time."  
"I'm focusing on my health right now."
- ✓ **If a social plan is increasing your stress,** decide ahead of time how long you want to stay, or leave early if you need to.

**Protecting your energy is part of self-care.**

## When Stress Feels Hard to Manage

If stress feels constant, overwhelming, or affects your mood or daily life, support can help. Counseling, mindfulness programs, and stress-management skills have been shown to reduce stress, anxiety, and depression. Talk with your healthcare team if you want help finding support.

### Key message

Stress is normal—especially during health changes. Simple stress-management habits and social support can help you feel better while using GLP-1 medicines. Start small, listen to your body, and ask for help when you need it.