Lifestyle Changes to Manage Shingles

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En Español (Spanish Version)

Because some research suggests that excessive emotional stress and/or severe fatigue can increase your risk of developing shingles, the following lifestyle changes may help improve your health:

- Learn what things in your life bring about stress
- Try to modify stressful factors in your life
- Learn relaxation techniques to help you cope with unavoidable stresses
- Schedule eight hours of sleep each night

REFERENCES:

