

Managing Stress

picture of health™

Ways to DE-STRESS

Do things that make you laugh.

Express your creative side. Write. Paint. Do a hobby.

Stretch muscles to relieve tension.

Take deep breaths. Meditate.

Relax with soothing music, a warm bath or shower, etc.

Escape to a place (or picture a scene) where you feel calm, happy, and secure.

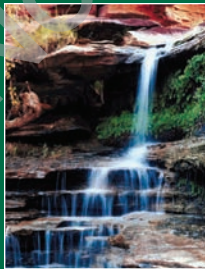


Sip a cup of warm tea.

Share your feelings with others.

Ways to Keep Stress in Check

- * Set realistic goals. Make "To Do" lists. Rank order tasks from most to least important.
- * Delegate tasks to others. Ask for help when needed.
- * Exercise on a regular basis. Eat healthy foods.
- * Get enough sleep.
- * Reduce clutter. Organize things in your house and at work.
- * Practice a relaxation technique daily. Meditate, do yoga, tai chi, etc.
- * Set time aside for 100% relaxation, such as a vacation.
- * Accept the things you cannot change in yourself and others.



Do Purifying Sighing*

1. Keep your shoulders erect.
2. Let out a big sigh, making a sound of relief as the air leaves your mouth.
3. Continue to sigh 10 to 15 times in a row.

* Do not do this exercise if you hyperventilate easily.



Do Stress Rehearsals

Rehearse (in your mind) for future stressful events.

1. Write or state what you want to happen in the present tense.
2. Take a deep, relaxing breath. Create a picture of the event in detail (what you see, feel, smell, hear, and touch).
3. Picture the results you desire.
4. Pair positive emotions like joy, pride, etc. with your created, desired image.

