

Stress Relief Tips

- ✓ **Just Say No!**: Don't spread yourself too thin; be able to say no and avoid over committing yourself.
- ✓ **Make time for yourself**: Doing nothing at all, reading a book, or enjoying a hobby is a great way to make time for yourself. Some people get sucked in and feel the need to solve everyone else's problems. Remember take care of #1 first, or you won't be able to help others!
- ✓ **Better Time management**: Be realistic and use a planner and make your daily schedule manageable.
- ✓ **Delegate**: Don't feel the need to accomplish everything all on your own. Be open and able to delegate tasks to others.
- ✓ **Exercise**: Exercise has been a proven stress-relieving activity. Even three times a week for 20 minutes each time will make a huge difference in your anxiety levels. Yoga and Pilates are awesome ways to exercise while easing mental tension. Kickboxing and boxing are both huge ways to mitigate stress. Nothing feels better than a great workout.
- ✓ **Diet**: the old adage of "You are what you eat" holds true. If you eat greasy, fatty, and high sugar foods, you will feel sluggish, tired and easily stressed out.
- ✓ **Laughter**: Scientists are currently heavily studying psychoneuroimmunology, the relationship between the mind and body's ability to heal. The mind has been shown to reduce stress hormones and chemicals released into the body. Laughing and smiling have been proven to be the most effective and cost efficient methods of stress-busting. Humor therapy is a big success in many clinics and is quickly becoming a means to prevent anguish. Ever laugh in a stressful situation? Makes a huge difference, doesn't it?
- ✓ **Writing**: Writing is a great way to get thoughts "off your chest." You can vent through writing, and the paper (or computer screen) will never criticize or talk back to you. If you have a confrontation with someone and need to vent about it, just write a letter addressed to that person you are frazzled about. Then read it and rip it up and throw it out. It feels great just to vent, even if it's to a pad of paper.
- ✓ **Self-esteem**: Someone with high self-esteem is much more stress-hardy (able to deal with and handle turmoil) than someone with low self-esteem. Making positive affirmations and visualizing yourself as being successful are great ways to improve self-worth. You'll notice the people who "don't sweat the small stuff" have high self esteem and confidence.
- ✓ **Don't sweat the small things**: I like to think if it won't affect or bother me a year from now, why worry about it now?
- ✓ **Sex !!** According to recent surveys, sex was ranked in everyone's top 10 list of favorite ways to reduce stress, so get more of it!
- ✓ **Meditation**: Meditation is an awesome way to dissolve stress and prevent a dangerous buildup. There are many ways to meditate, and that's what makes it so effective. Everyone has a personal way to meditate that works for them; there is no wrong way to meditate as long as it is effective, safe and efficient. Whether you sit quietly in your living room listening to the radio or go hiking on mountain trails, both are examples of meditation. Find your own way of meditating; a way to break down stress and problems in an effective manner.

