

RELAX YOUR STRESS AWAY: 10 Great Ways to De-Stress



YOU CAN HELP RELIEVE BOTH THE PHYSICAL AND EMOTIONAL TENSION THAT OFTEN ACCOMPANIES STRESSFUL SITUATIONS!

Relax your body

The next time you feel the effects of stress too much, when you are overwhelmed, try some of the following ways to help you relax.

- 1. Deep breathing** is your number one defense against unmanageable stress. You can sit, lie down, or stand to do this. Close your eyes and breathe in slowly for a count of 5-10 seconds. By closing your eyes you will give them a rest too. Take ten of these super-relaxers any time you feel tense.
- 2. Stretch.** Practice simple stretches. Gently roll your head in a half circle from side to side with your head pressing towards your chest. Stretch your arms into the air and stretch your fingers too. Point your toes away from your body, and then flex them towards you. Stretching will allow the blood circulation to those parts of the body that have been “crunched” by poor posture or sitting at a desk.
- 3. Exercise.** Any kind of exercise is wonderful to help reduce stress. Make it fun. A walk, hiking, bowling, running, or playing a game of badminton or golf are good examples of fun exercise.
- 4. Take a bath.** Spend at least 30 minutes soaking in a hot bath. Experience the benefits of aromatherapy by adding bergamot essential oil to the water.
- 5. Eat well.** Reduce caffeine (e.g. coffee, black tea, chocolate) and alcohol intake. Try to eat a well-balanced diet, as it will help your body to perform, and keep your mind functioning optimally.

Relax your Emotions

Relaxing your emotions can be just as important as relaxing your body in relieving stress.

- 1. Talk.** Take time to talk with a friend, relative, or counselor. Try to express feelings that you may have been holding inside. Listen to your partner. Try to have this conversation in a quiet space with minimal distractions.
- 2. Laugh!** Laughter is healing and a great way to relax. Go to a comedy club, rent a funny movie, or give that funny friend of yours a call. It’s impossible to really laugh and be tense.
- 3. Cry.** Crying can be as good a release as laughing. If you haven’t cried in a long time, try listening to music that moves you, or watch a movie that speaks to your emotions.
- 4. Read.** A good book can take you on a great escape. Read a comedy or a tearjerker and it will help release pent-up emotions
- 5. Do something you love.** When you enjoy yourself, whether it’s biking, hiking, exploring the city, seeing friends, cooking, or playing with a puppy, you relax your emotions.

Create Stress Reducers

Keep in mind these are just a few of the many stress reducers you can try. You can create your own healthy stress reducers without resorting to alcohol and drugs as a “temporary” fix. **Do yourself a favor and begin now.**