# 10 Tips to Lower Stress

**01** With your eyes closed, breathe in and tighten your leg muscles for 5-10 seconds. Exhale and relax for 10-20 seconds. Repeat with your abdomen, chest, arms, and face.

**02** Think of a word, sound, phrase, or prayer. Practice repeating your mantra. When you feel stressed, repeat your mantra to help your body to relax.

**03** Take 3-10 deep, slow breaths, in through your nose, and out through your mouth. Place a hand on your stomach and focus on filling your belly rather than your chest.

**04** Use self-massage, to release tension. Try focusing on your shoulders, neck, scalp, temples, eyebrows, forehead, and jaw.

**05** Call a friend, invite your family over for dinner, go on a walk with your neighbor. Or, seek out the help of a counselor or therapist.

**06** Stretch, walk, clean, bike, dance, or lift. Movement helps us feel better inside and out.

**07** While drugs, alcohol, caffeine, and overeating may feel good in the moment, these can add to our stress long term. Reduce unhealthy habits to reduce stress.

**08** Write, type, or speak your feelings to relieve bottled up stress. No need to worry about spelling errors!

**09** To help our bodies fall asleep a bit easier, create a relaxing bedtime routine. Turn out the lights, listen to soft music, drink a cup of tea, light a candle, or whatever works for you.

**10** Find something that requires your attention. Draw, cook, sew, garden, or listen to music. This will help you to focus on your hobby instead of your stress.

---

https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1