

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.