

STRESS BUSTERS

Breathing—Practice deep, slow breathing. Breathe in through your nose and out through your mouth. Put your hand on your belly and breathe, letting your abdomen rise and fall. Practice deep, slow breathing. This is an excellent anti-stress remedy.

Self-Talk—Talking yourself through a situation is helpful. Remind yourself that you have no control over most things that happen. You can control how you perceive a situation and how you think about it. Tell yourself positive and encouraging things.

Imagery—Imagine things that will be relaxing for you. Some examples are: beach scene with sun, sand, and ocean waves; being on a mountaintop, breathing the fresh air and looking at the beautiful sights around you; bright lights changing to soft colors; blankets piled on you to make you warm and comfortable; a gentle massage, etc.

Exercise—Walking, running, jogging, participating in a sport and working out are all good ways to reduce stress. Along with exercise, eating right is also important.

Stretching—Neck rolls, shoulder rolls, body stretches, and rag doll are all ways to relax tense muscles.

Music—Listen to relaxing music or play a musical instrument for relaxation.

Know Your Limits—Don't "bite off more than you can chew." Be realistic about what you can do and how much time you have.

Time-Management—Make a "To-Do" list and check things off as you do them.

Make Time For Fun—Make sure you take time to have fun. There is a quote that says, "Laugh whenever you can." Laughter is very healthy.

Share Your Stress—Find someone whom you trust and can talk with about what is stressing you.

Cry—It is okay to cry. This can be a healthy way to release your tension.

SOME QUICK FIXES

- Pop bubblewrap.
- Squeeze a tennis ball or stress ball.
- Write down what is bothering you. Then shred the paper.
- Deep breathing.
- Chew bubble gum and blow bubbles.
- Stretch your body, particularly your neck and shoulders.
- Blow bubbles.

Other quick fixes are:



REMEMBER:

You must accept that there are some things you cannot change.
But you *can* change how you think about things.