

STRESS RELIEF TIPS for stress awareness month



RECALL PAST SUCCESS

When you feel negative feelings, try to remember times in the past where you were able to accomplish and succeed in a difficult situation.

DEEP BREATHING

Take some time out and inhale slowly, then exhale slowly several times. This forces your body to calm down.

FOCUS

Worry about only one thing at a time. Choose whatever you need to do first, and only worry about that until it is done. Then move forward with your next task.

EXERCISE

There are numerous ways to exercise- but no matter which way you do it, exercise has a powerful effect on your physical and mental well being.

POSITIVE THINKING

Both in what you think, and what you actually say aloud- use positive language.



WRITE OR TALK

Sometimes just getting it off your chest can help. Talk to a close friend or write it down to get all your thoughts out.

LAUGH

Laughing is proven to relieve tension. Find something that makes you laugh - whether it is talking with an old friend or watching something funny.

