

STRESS RX

Identify Stress Triggers

Pay attention to what situations, thoughts or feelings make you feel stressed. You can learn to anticipate and cope better when you have a plan.

Learn To Say “NO”

“No” is a complete sentence. Use it.

Breathe

Practice deeply inhaling from your stomach. As you inhale, count to four slowly while thinking calm, peaceful thoughts. On the exhale, empty yourself of stressful feelings, again counting to four. Do this a total of 10 times

Exercise Regularly

Aim for twenty minutes of exercise, walking or running, daily. It is a great stress buster and makes you healthier and improves your mood.

Make Time For Yourself

Find thirty minutes in your day, just for you, that is “me time.” You deserve it. Learn to relax. It’s okay to do nothing.

Practice Healthy Eating Habits

Food is fuel to nourish your body and soul. Try to drink 6-8 glasses of water each day and watch your caffeine intake. Eat whole grains, fresh fruits and vegetables.

Drink Alcohol in Moderation

An occasional glass of wine can be a great way to unwind. Too much will affect your sleeping patterns and mood and can make you more irritable

Be Thankful

Positive thoughts give you awesome energy and a boost. Sometimes we concentrate on what’s wrong and miss what’s working in our lives..

Identify Sources of Support - Ask For Help

Put out the SOS, flares, or whatever you need. You don’t have to do it all alone. Find out who you can count on. We all need at least one person we can trust.

Be Organized

Get rid of clutter, write down a schedule, and plan in advance. Being organized will allow you to anticipate and eliminate needless stressful situations.

Sleep

Your body needs 8 hours of sleep for optimal functioning. Take naps when needed..

Understand How You Cope

Coping is a skill. Reflect on your coping patterns and use them.

STRESS RX

In addition to meditation, or a calming activity for mind and body like the Benson Relaxation Response, we can all incorporate “mindfulness” into our daily lives. (Paying very close attention and giving your full mental focus to the activity or task at hand quiets the anxiety, worry and stress thoughts and opens a portal to a more calm and clear mental state.)

Try the following throughout your day:

Every Breath You Take

- When you wake up in the morning, before getting out of bed, notice your breathing. Take a few comfortable deep breaths.

Recognize Your Motions

- Be aware of how your body feels as you move from lying down to sitting up, standing and walking.

Eating awareness

- Pay attention as you eat. Chew slowly and completely and notice the texture and flavors of your food. Allow your body the time it needs to digest food at the end of your meal before starting your next activity.

Listen Up

- When talking to another person, take a moment just to listen, appreciating the person’s experience of the world, though it may be different from your own.

Your Best Foot Forward

- Practice mindful walking, consciously placing your attention on each foot as it connects with and leaves the ground.

Stand Tall

- When standing in line or waiting, use the time to feel your feet on the ground and notice how you are holding yourself.

It’s In The Details

- Be attentive when brushing your teeth, washing or dressing.

Make It Routine

- Bring mindfulness to each activity throughout your day.