













A Month's Worth of Stress Busters

<p>1 Take a walk - alone, with a friend, or with the dog.</p> 	<p>2 Take a few deep breaths. Breathe in slowly, then slowly exhale. Picture the tension leaving your body as you let all the air out.</p>	<p>3 Listen to some relaxing music.</p> 	<p>4 Get up and dance.</p>	<p>5 Read a good book, magazine, or newspaper.</p> 	<p>6 Meditate. Close your eyes and mentally follow your breath as it goes in and out. See in your mind a peaceful and meaningful scene as you breathe. This exercise is most effective if done for 10 to 20 minutes.</p>
<p>7 Be a "conductor"! Waving your arms to the beat of a favorite piece of music can be physically and emotionally relaxing.</p>	<p>8 Laugh out loud. Check out a comedy club, see a funny movie, read a joke book, or call a friend who can make you laugh.</p>	<p>9 Have a massage or practice self-massage. Reach around to left shoulder with right hand from in front. Massage your shoulder muscles, working your way up to your neck to your scalp. Repeat on other side.</p> 	<p>10 Exercise! Any type of workout will do.</p> 	<p>11 Sing a song. Don't worry about how you sound. Just the process of singing can relieve tension.</p>	<p>12 Practice positive self-talk. Make a list of what causes stress in your life and your response to them. Write a positive response to every negative cause, such as "I'm the best person for his job."</p>
<p>13 Do something you like: a hobby, baking cookies, organizing a room, anything to get your mind off stressful thoughts or situations.</p>	<p>14 Do some simple yoga stretches.</p> 	<p>15 Draw or paint a picture. Drawing can help you use mental skills you may not use in everyday life. Focus on what you're drawing, not on how good the picture is.</p>	<p>16 Talk to someone; a friend, a doctor, a relative, a religious leader, anyone with a sympathetic ear and a few moments to spare.</p>	<p>17 If a too busy schedule is causing you stress, practice setting limits on your obligations. Always keep some time for yourself.</p>	<p>18 Take care of business. If you've been putting off a task or duty, just do it, and enjoy the relief of getting it over with.</p>
<p>19 Sit up straight. Slumping can cause tension in your neck and back and send a message of discouragement to your mind.</p> 	<p>20 Actively relax. While sitting or lying in a relaxed position, tense the muscles of your feet, and then relax them. Do the same to your legs, stomach, back, arms, neck, and facial muscles.</p>	<p>21 Take a nap.</p> 	<p>22 Stop trying to concentrate or focus on something. If you wear glasses, take them off for a moment. Move away from whatever is taking your attention and let your mind wander for a brief mental recess.</p>	<p>23 Have a cup of tea, mineral water, fruit or vegetable juice, or hot broth. Avoid alcohol or caffeine.</p>	<p>24 Take a relaxing drive.</p> 
<p>25 Do something to avoid temperature extremes. If you're too hot, find a way to cool off. If you're too cold, find a way to warm up. Remember to respect the temperature needs of others, though.</p>	<p>26 Read out loud to a child.</p> 	<p>27 Sit in your backyard or a park and listen to the sounds. Hear the birds, traffic, airplanes, dogs barking, and people talking.</p>	<p>28 Go for a bike ride. Don't forget your helmet!</p> 	<p>29 Visit the zoo or aquarium. Or go to your local animal shelter and visit the animals.</p>	<p>30 Volunteer at any nonprofit or charitable agency.</p> 
<p>31 Visit a museum. For some people the quiet of a museum is relaxing.</p>					

Here are 31 ideas for reducing stress in your life - at home, on the job, even during "leisure" activities.

On the Move with FoodWise!

