

## **SEVEN TIPS FOR MANAGING STRESS**

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### Take things one at a time and one day at a time

There's a limit to how much you can do. Set priorities. Set goals in small increments. And, importantly, take time to acknowledge and/or celebrate what you did accomplish—even if it was not everything you had originally hoped to do.

### Breathe - Breathe deeply

This is easy, effective and takes only minutes a day. Feel the calming sensation of breathing deeply through your nose from deep down in your diaphragm. Place your hand gently on your stomach to feel it expand a little as you breathe in. Hold for a few moments, and then slowly let it go, all of it, through your mouth.

### Listen to music

Pick music that soothes you. As you listen, mentally focus on one body part at a time, starting with your head and gradually moving to your toes. Slowly tell each to relax. Feel the tensions melt away.

### Move your body

Spend time moving every day. Walk, run, bicycle, swim, dance, lift weights, garden, or play a sport. Find opportunities to move throughout the day. Take the stairs instead of the elevator. Go for a walk during your lunch break, or head for a 10-minute walk around the block when you get home before diving into your household obligations.

### Laugh it off

Spend time with fun people in fun situations. Watch funny movies or television shows. Read books that make you chuckle. Look for the humor in daily activities. Spend time with someone who makes you laugh. Play with a pet or a young child. Laughing releases tensions and reverses the physical effects of stress on your body.

### Do something creative for yourself

Enjoy something that interests you that will keep your hands busy and absorb your attention for a while. Garden, paint ceramics, create a scrapbook, draw, doodle, work with wood or natural materials, play harmonica, take time to reflect.

### Talk to someone

Stay in contact with your supportive friends and family. Make a point to have some face to face interactions with them—face to face contact can be much more stress reducing than electronic means of contact. Talk to a mental professional if stress becomes unmanageable, such as a counselor at ASAP.

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\*Note: For more information on any of these tips, or to learn more managing anxiety, please contact ASAP.

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