



10 Stress Reduction Techniques

1. Get a massage. Massage can calm the mind, slow a racing heart and release endorphins that make you feel better.
2. Moderate, regular exercise is a great outlet for built up tension.
3. Drink plenty of water eat a healthy, balanced diet.
4. Practice slow, deep breathing. Shallow, rapid breath escalates the stress signal to the brain.
5. Avoid unnecessary activities that heighten the stress response, i.e. violent films, frantic music, dramatic situations.
6. Get perspective. Focus on what you actually have control over. It's much easier to deal with the challenges of today if you have not wasted your energy fondling the past or fretting about the future. Give yourself credit for the challenges you have already overcome. Remember what is truly important.
7. Dedicate time to activities you love. Stay connected to friends and family.
8. Express what you feel. Everyone needs a safe environment to process the events of the day; to laugh, cry and get angry. When you "stuff it," those unprocessed experiences show up again as pain, anxiety, fear and disease. Talk to a friend, a counselor, yourself in the privacy of your car or consider keeping a journal.
9. Optimize your organizational skills. List making and prioritizing can make your day run more smoothly.
10. Learn to recognize your stress response signals (i.e. muscle tension, jaw clenching, sleep disruption, nervous stomach) and address the situation early.