




de-stress

yourself

Stress affects you both physically and mentally, and can cause you to feel tension, aches and pains, anger, pessimism, and worry. It can also cause your blood pressure to increase, your energy to decrease, and your interest in others to decrease. Thus, it is very important to find fun ways to de-stress in order to be healthy.

- Surround yourself with positive, supportive people as much as possible.
- Seek help when you need it. Talk to a family member, friend, or church leader, or join a support group. You don't have to handle everything alone.
- Find out what makes you laugh, and laugh often.
- Emphasize the spiritual aspects of your life; studies have shown that prayer and spiritual activities are beneficial to your health.
- Surround yourself as much as possible with your favorite things such as music, books, photographs, art, or poetry.
- While taking slow, deep breaths imagine your favorite place to relax and think about what it looks like in addition to the sounds, smells, tastes and feelings you experience there.
- Continue with or find a new hobby such as gardening, photography, woodworking, quilting, or dancing--anything that interests you and gives you joy.
- Go for a walk or practice meditation or yoga.
- Write: in a journal, creative stories, a memoir, or poetry. Or express yourself through other artistic forms such as drawing, painting, sculpting, singing, or theater.

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- Give yourself permission to say "no." Taking on more than you can handle will increase your stress level.
 - Keep a positive attitude. Replace negative thoughts with uplifting ones. For example, instead of telling yourself "I can't do this" replace that thought with "I CAN do this."
 - Make a list of people, things, and events in your life that you are grateful for, and when you feel stressed review the list and/or add to it.