











Top 10 Simple Stress Relievers To Bring You Calm

1. Breathe deeply		Deep breathing triggers a relaxation response that lowers heart rate and helps regulate the body
2. Envision a place that brings you peace		Peaceful images involve all the senses and create inner harmony
3. Make contact with nature		We can only be in the present moment when we focus on beauty around us – no past or future – only The Now
4. Journal about what you're feeling or thinking		Surrendering the energy of troubling emotions or confusing thoughts to paper is freeing
5. Listen to a song that makes you feel happy		Music as sound, is rooted in vibration which powerfully affects mood
6. Take a nap		A power nap will boost your memory, thinking, creativity, and energy levels
7. Stretch your body		Stretching lowers tension and stress and increases energy
8. Drink a glass of water		Stress is often made worse by dehydration – something we're often not aware of
9. Walk/exercise		The brain's feel-good neurotransmitters are elevated; sleep is enhanced & stress reduced
10. Talk to your pet		Just being around a loving animal is shown to decrease stress by lowering blood pressure