

STRESS RELIEVERS

Take charge of your life - Be flexible and open to new alternatives. Act don't react.

Daydream - Research has show normal amounts of daydreaming produce emotional stability.

Laugh - Research shows that laughing actually makes people healthier. It has been shown to make our muscles go limp and involves a release of tension. Once you realize how silly mistrust is in many situations, laughing quickly at yourself replaces fuming. Remember, it's difficult to feel stress when you are belly laughing.

Do something for others - Depression causes us to focus too much on ourselves. Doing something for someone else - no matter how small - will make you and the other person feel good.

Talk it over - Talk it over with someone you trust and respect. Sometimes another person can help you to see a new side to the problem. When a serious problem is involved, a professional may be the one to see.

Learn acceptance - A difficult problem is sometimes out of our control. When it occurs, it may be best to accept it until we can change it. Be assertive instead of aggressive.

Prioritize the necessities - and re-evaluate duties and responsibilities. Make a "to do" list. Master list-projects needed to be done. Daily list - agenda for the day - should include at least one item off the master list.

Work it off - There is nothing more relaxing than strenuous exercise. Jog, play tennis, racquetball, golf, bowling, will do wonders. Exercise will help your body to relax and handle mental stress unless you become stressed because your performance is not up to par.

Develop a goal list - Writing things down clears your mind and gives direction. (Know where you want to be and what you want to be doing in 5 years from now.) Fulfilling your goals is an accomplishment, so reward yourself.

Relax - Bathe or shower in warm water to soothe and calm your nerves. You might try yoga, visualization, meditation, listening to music, or simply sleep.

Listen to your body - When you're tense, your headaches or your heart pounds. SLOW DOWN.

Take walks - Walking is an excellent way to reduce stress. It is not only physically rewarding by increasing circulation to body parts and brain but also restful for your brain.

Learn to forgive - Compassion is the strongest medicine for anger.



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