



ARE YOU FEELING STRESSED?

*“The human race has but one really effective weapon, and that is laughter.”
-Mark Twain*

National Stress Awareness Month: April 2012

What are some fun ways you can think of to relieve your stress?

Apart from eating a pint of ice cream, the following may be very helpful:

1. **Do you have any favorite music?** Put on some music with a beat that is slower than your heart rate. This will slow it down, and you can get some singing in at the same time.
2. **Do you like to read?** Pick up a book that you’ve wanted to read for a long time or your favorite magazine. It’s OK to take a break and let your mind focus on something else.
3. **Have you played a game lately?** Whether it’s a board game with your family or kids, or maybe a video/computer game, you can sit back and enjoy the time spent having fun.
4. **If you’re inside, take a walk outside.** Fresh air helps clear your mind and exercise is known to decrease stress. Sunshine is an added bonus (when it comes out...take advantage!)
5. **Do you ever think about far away places that you want to go, but there’s never enough time or money?** Think of a “mini-vacation”. Pick a day to explore, in or around your hometown that you haven’t seen; rent an inexpensive hotel room near your home and kick back and relax.
6. **Have you ever tried any relaxation techniques?** Here’s one that’s a favorite: Lie down; starting with your toes, progressively clench and unclench every muscle in your body, working up to your head. By the end, you’ll be surprised at how much better you feel...but try not to go to sleep!
7. **What about aromatherapy?** A soothing essential oil such as lavender, mandarin, or rosewood can really calm your mood in just a few moments.
8. **Love sports?** Get involved in a sport or exercise that is easy and accessible. This will keep you physically active, and at the same time, help your mind and muscles relax when you’re done.



Wellness 2000, Inc. 1175 E. Main Street, Suite 2F, Medford, OR 97504

• (800) 866-8344 • Fax (541) 770-7929 • www.wellness2000.com

