

Relax and Reduce Stress

30 Easy Steps to Relax and Reduce Stress

- ✓ Make rest and relaxation a priority to stay healthy and productive
- ✓ Make a commitment to change
- ✓ Keep a handy list of easy steps to implement as needed
- ✓ Relax to be more productive
- ✓ Take care of yourself before you can take care of others

Key Strategies

- ✓ Napping even for short periods will refresh your brain
- ✓ Get some fresh air, go for a quick walk, ten minutes will do wonders
- ✓ Count to ten the breath to prevent temper flare up
- ✓ Breathing Meditation, just take a minute to sit and breathe quietly
- ✓ Take a break step out and enjoy nature
- ✓ Read a book, play hooky
- ✓ Go to a movie for a great mental escape
- ✓ Go for a walk, focus on the rhythmic movement and breathing
- ✓ Meditation, try an app Calm or Headspace even 5 to 20 minutes
- ✓ Work hard, play hard it is time you've earned and also good for the brain
- ✓ Find a hobby or creative pursuit
- ✓ Plant something, container garden, raised bed, patio pot or garden plot
- ✓ Do nothing at all, there is a lot of value in practicing on a regular basis
- ✓ Journaling, short entries, bullet journaling, laptop, or pen and notebook works
- ✓ Minimalism, your stuff may be stressing you out
- ✓ Get Seven to eight hours of quality sleep, maybe try a bedtime ritual
- ✓ Laugh out loud the good ole belly laugh
- ✓ Watch a funny movie or listen to comedy channel
- ✓ Phone a friend, have two options for instant contact
- ✓ Brew a cup of tea make it a ritual
- ✓ Hit the gym, or create your own home gym
- ✓ Carve out time to contemplate, put it on your calendar, make it a priority
- ✓ Do something just for you even if it's a few minutes of extra sleep
- ✓ Fidget or doodle collect objects to have handy

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Be Aware of the Dangers of Stress

- ✓ Eating more to keep your energy up
- ✓ Addicted to sweet and salty foods
- ✓ Depression and loneliness
- ✓ Physical symptoms, nausea, dizziness, diarrhea, and immune system compromised
- ✓ Know when you are stressed, feeling anxious, trouble sleeping, hard to focus
- ✓ Take a digital technology break

Listen to Your Body

- ✓ Feeling foggy
- ✓ Mood swings
- ✓ Afternoon slump
- ✓ Getting sick frequently
- ✓ Craving junk food
- ✓ Anxiety for no reason
- ✓ Getting irritable

Cut Out Stressors

- ✓ Schedule to examine what is stressing you out by getting to the root of the problem
- ✓ Find quick fixes to cut your stress level right away
- ✓ Make a plan to reduce stressors, explore various options
- ✓ Know the saboteurs in your life
- ✓ Small changes add up to a big change in your lifestyle