Why Exercise?

- Release built-up stress.
- Reduce stress symptoms.
- Take your mind off your stress triggers.
- Produce natural painkillers (called endorphins).

Getting the Most from Exercise

- Do exercise that makes your heart beat faster like running, walking, biking, or swimming.
- Work out at least three times a week for 20-60 minutes each time.
- Go into your workout thinking that you are going to feel great and release stress.

Practice Good Sleep Habits

- Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.
- Avoid caffeine for at least six hours before going to bed.
- Don’t drink alcohol for at least three hours before going to bed.
- Use your bed for sleep only (not for reading, watching TV, or lounging).

Foods to Choose

- Foods that contain the items listed below can make your stress symptoms worse.

Choose the Right Foods

Vitamin C
- Green peppers
- Grapefruit
- Potatoes
- Oranges
- Melons
- Calcium
- Collard greens
- Broccoli
- Spinach
- Cheese
- Yogurt
- Milk
- Protein
- Dried beans
- almonds
- Meat
- Milk

Foods to Lose

- Whole grains
- Beans
- Seeds
- Liver
- Nuts
- Salt
- Smoked or cured foods
- Processed snack food
- Canned vegetables
- Vegetable juices
- Sausage
- Soy sauce
- Pickles
- Sugar
- Jams and jellies
- Processed foods
- Soft drinks
- Ice cream
- Candy
- Cake
- Saturated fat
- Fatty meats
- Whole milk
- Egg yolks
- Cheese
- Butter

Check Your Stress Environment

- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Exercise

You probably already know that exercise makes you stronger and healthier. What you may not know is that exercise also helps reduce stress symptoms.

Do exercise that makes your heart beat faster like running, walking, biking, or swimming. Work out at least three times a week for 20-60 minutes each time. Go into your workout thinking that you are going to feel great and release stress.

Get the Sleep You Need

Sleep helps you recover from the stresses of the day. Unfortunately, when you are under stress and most in need of sleep, it can be hard to come by.

Check Your Sleep Environment

- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Choose the Right Foods

If you are feeling stressed, the nutrients below can help you fight stress symptoms.

Vitamin C
- Green peppers
- Grapefruit
- Potatoes
- Oranges
- Melons
- Calcium
- Collard greens
- Broccoli
- Spinach
- Cheese
- Yogurt
- Milk
- Protein
- Dried beans
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Foods to Lose

- Whole grains
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- Soft drinks
- Ice cream
- Candy
- Cake
- Saturated fat
- Fatty meats
- Whole milk
- Egg yolks
- Cheese
- Butter

Caffeine
- Soft drink
- Chocolate
- Coffee
- Cocoa
- Tea

Clean It Up

If you don’t have a room of your own, try blocking out some noise. But don’t work too hard at making your space spotless. If you work in an open office space, ask your employer to install partitions.

Cut Down on Noise

- If you work in an open office space, ask your employer to install partitions.
- If you have a partner, get a bed that is big enough for both of you.
- If noise from housemates or neighbors bothers you, try a “white” noise machine or an electric fan to enjoy your favorite hobby.

Talk out your problems with a counselor or a trusted friend. Even if you don’t come up with any solutions, talking may make you feel better.

Plan ahead. Buy stamps or bus tokens before you run out. Fill the gas tank when you still have a quarter tank. Take a long, hot bath, go for a walk, or do something relaxing until you feel drowsy.

Cut Down on Noise

- If you work in an open office space, ask your employer to install partitions.
- If you have roommates or neighbors bothers you, use a “white” noise machine or an electric fan to block out the noise.

Make Your Own Space

- Try to create some personal space for yourself.
- If you don’t have a room of your own, try blocking off an area with screens or plants.

Improving Your Space

Living or working in unpleasant surroundings can increase stress symptoms. To make your space more relaxing, follow the guidelines below.

Lifestyle Stress Busters

- Tips for Getting Started
- Getting the Most from Exercise
- Practice Good Sleep Habits
- Foods to Choose
- Foods to Lose
- Check Your Sleep Environment
- Choose the Right Foods
- Exercise
- Lifestyle Stress Busters
- Managing Stress
- Stress-less Tips
- Improving Your Space
- Stress-less Tips

Stress-less Tips

- Think of waiting time as free time.
- Read a book, write letters, or just relax.
- Love your standards. The world will not end if you don’t finish each and every task.
- Write down your thoughts and feelings. Writing allows you to express yourself and may help you find a new way of looking at things.
- If you must get something done, don’t put it off. Waiting until the last minute increases stress.
- Do one thing at a time. Don’t try to eat, watch TV, and talk with your family all at once.
- Take time out for yourself every day. Take a long, hot bath, go for a walk, or do something relaxing until you feel drowsy.

Cut Down on Noise

- If you have a partner, get a bed that is big enough for both of you.
- If noise from housemates or neighbors bothers you, try a “white” noise machine or an electric fan to block out the noise.

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Stress is how your body and your mind react to change. It can get you going and help you focus. However, if you have too much of it you don't deal with it well, stress can lead to unwanted symptoms.

**Stress Triggers**

Many things can trigger stress, including:
- Minor things like over-sleeping, running late, car problems, or traffic
- Major events such as moving, getting married, having a baby, or changing or losing your job
- Ongoing problems with things like money, health, or work

**Symptoms**

Stress symptoms may include:
- Clammy hands, dry mouth, headaches, tight muscles, a skin rash, or sleep problems
- Anger, confusion, sadness, fear, or forgetfulness
- Alcohol or drug abuse
- Avoiding loved ones, eating problems, or depression

**Home Care**

- Learn to relax.
- Change your lifestyle.
- Stretch tight muscles.
- Improve your living and working space.

**Learning to Relax**

When you are relaxed, your body slows down and your mind becomes calm. You feel better, think better, and work better. There are many ways to relax. Try one of the methods below or come up with your own.

**Deep Breathing**

It's a good idea to practice deep breathing regularly. Deep breathing is a great way to relax your body and your mind. It's also an important part of many other relaxation methods.

1. Choose a quiet spot. Sit or stand in a comfortable position.
2. Slowly breathe in through your nose and push out your stomach as much as you can.
3. Hold your breath for a few seconds.
4. Slowly breathe out through your mouth. Pucker your lips (like you are whistling) so you can control how fast the air comes out of your mouth.
5. Repeat three or four times.

**Easy Breathing**

This is an easy method to use when you need a mini-break from the stresses of the day.

1. Close your eyes and picture a peaceful, restful, beautiful, happy scene.
2. Allow your imagination to run free. For example, imagine yourself on a beach. "See" the palm trees. "Hear" the breaking waves. "Smell" the ocean air. "Feel" the sun on your body.
3. If stressful thoughts enter your mind, gently push them aside by focusing on the details of your scene.
4. Think about the scene until you feel rested and relaxed.

**The Calming Response**

The Calming Response takes the Deep Breathing method a step further. Use this technique to calm yourself before or during a stressful event.

1. Breathe in deeply. Hold your breath for 5 seconds.
2. Blow out slowly and focus on relaxing all the muscles in your body.
3. Repeat the following words to yourself: "I am relaxed."
4. Continue for a few minutes until you feel calm.

**Imagery**

This is a good method to use when you need a mini-break from the stresses of the day.

1. Picture a peaceful, restful, beautiful, happy scene.
2. Focus on relaxing all the muscles in your body.
3. Blow out slowly and hold your breath for 5 seconds.
4. Repeat this process with your focus on your head until it begins to feel warm and heavy.
5. Repeat these words and focus on your head until it begins to feel warm and heavy.

**Progressive Muscular Relaxation**

With this method, you actually "tell" your body to relax. You relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

1. Sit and close your eyes.
2. Relax your right hand and let it go loose. Say to yourself "my right hand feels warm and heavy." In your mind, picture your right hand getting warm and heavy.
3. Repeat these words and focus on your hands until it begins to feel warm and heavy.
4. Repeat this process with your focus on your arms, first left arm, then right, left leg, right leg, and so on until all the muscles in your body feel relaxed.

**Rehearsal**

Get ready for stressful events. Act out an event before it occurs and imagine it ending well.

**Neck Tilt**

1. Stand or sit and turn your head to the right as far as you can.
2. Hold for 5 seconds and return to the center.
3. Repeat on the other side.

**Neck Turn**

1. Stand or sit and turn your head to the right as far as you can.
2. Hold for 5 seconds and return to the center.
3. Relax and repeat on the other side.

**Shoulder Shrug**

1. Stand or sit with your arms at your sides.
2. Raise your shoulders up toward your ears.
3. Hold for 5 seconds and lower your shoulders.
4. Relax and repeat.

**Shoulder Squeeze**

1. Stand or sit and bring your hands level with your ears.
2. Squeeze your shoulder blades together.
3. Hold for 3 seconds.
4. Relax and repeat.

**Other Methods to Try**

**Positive Self-Talk**

Boost your self-esteem. Tell yourself you can meet your goals and that you are in control.

**Progressive Muscular Relaxation**

Learn how it feels to relax. Once at a time, tense and relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

**Ongoing problems with things like money, health, or work**

**Other Methods to Try**

**Positive Self-Talk**

Boost your self-esteem. Tell yourself you can meet your goals and that you are in control.

**Progressive Muscular Relaxation**

Learn how it feels to relax. Once at a time, tense and relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

**Backward Bend**

1. Stand in a comfortable position with your feet slightly apart.
2. Put your hands on your lower back and bend backward a few inches.
3. Hold for 5 seconds.

**Stress**

Stress can make your muscles tight and sore. When you stretch, you not only relax and soothe your muscles, you calm your mind as well.

**Forward Lean**

1. Lean forward in a chair.
2. Lower your head to your knees.
3. Hold for 30 seconds.

**Supported Rest**

1. Lie on a carpeted floor (or on a couple of folded blankets) with your knees bent.
2. Place your arms at your sides.
3. Rest your calves and feet (not your thighs) on a couch or chair.
4. Hold for 5 to 15 minutes.

**Stretching Exercises**

**Positive Self-Talk**

Boost your self-esteem. Tell yourself you can meet your goals and that you are in control.

**Progressive Muscular Relaxation**

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Understanding Stress

Stress is how your body and your mind react to change. It can get you going and help you focus. However, if you have too much of it or don’t deal with it well, stress can lead to unwanted symptoms.

Stress Triggers

Many things can trigger stress, including:

• Minors things like oversleeping, running late, car problems, or traffic
• Major events such as moving, getting married, having a baby, or changing or losing your job
• Ongoing problems with things like money, health, or work

Symptoms

Stress symptoms may include:

• Clamy hands, dry mouth, headaches, tight muscles, a skin rash, or sleep problems
• Anger, confusion, sadness, fear, or forgetfulness
• Alcohol or drug abuse
• Avoiding loved ones, eating problems, or depression

Home Care

Learn to relax. Change your lifestyle. Stretch tight muscles. Improve your living and working space.

Call a doctor or a mental health professional if you:

• Relays on alcohol, drugs, or overeating.
• Feel depressed, out of control, or hopeless.
• Have missed a lot of work.
• Have gained or lost a lot of weight.
• Can’t control your spending habits.

Deep Breathing

It’s a good idea to practice deep breathing regularly. Deep breathing is a great way to relax your body and your mind. It’s also an important part of many other relaxation methods.

1. Choose a quiet spot. Sit or stand in a comfortable position.
2. Slowly breathe in through your nose and push out your stomach as much as you can.
3. Hold your breath for a few seconds.
4. Slowly breathe out through your mouth. Pucker your lips (like you are whistling) so you can control how fast the air comes out of your mouth.
5. Repeat three or four times.

Deep Breathing methods below or come up with your own.

Imagery

This is a good method to use when you need a mini-break from the stresses of the day.

1. Close your eyes and picture a peaceful, relaxing, beautiful, happy scene.
2. Allow your imagination to run free. For example, imagine yourself on a beach. "See" the palm trees. "Hear" the breaking waves. "Smell" the ocean air. "Feel" the sun on your body.
3. If stressful thoughts enter your mind, gently push them aside by focusing on the details of your scene.
4. Think about the scene until you feel rested and relaxed.

The Calming Response

The Calming Response takes the Deep Breathing method a step further. Use this technique to calm yourself before or during a stressful event.

1. Breathe in deeply. Hold your breath for 5 seconds.
2. Blow out slowly and focus on relaxing all the muscles in your body.
3. Repeat the following words to yourself. "I am relaxed."
4. Continue for a few minutes until you feel calm.

Autogenics

With this method, you actually "tell" your body to relax. If you would like more control over your body’s reaction to stress, this may be a good relaxation method for you.

1. Sit and close your eyes.
2. Relax your right hand and let it go loose. Say to yourself "My right hand feels warm and heavy." In your mind, picture your right hand getting warm and heavy.
3. Repeat this process and focus on relaxing all the muscles in your body. When you are relaxed, your body slows down and your mind becomes calm. You feel better, think better, and work better. There are many ways to relax. Try one of the methods below or come up with your own.

Forward Lean

1. Lean forward in a chair.
2. Lower your head to your knees.
3. Hold for 30 seconds.

Supervised Rest

1. Lie on a carpeted floor (or on a couple of folded blankets) with your knees bent.
2. Place your arms at your sides.
3. Rest your calves and feet (not your thighs) on a couch or chair.
4. Hold for 5 to 15 minutes.

Progressive Muscular Relaxation

Learn how it feels to relax. One at a time, tense and relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

Other Methods to Try

Positive Self-Talk

Boost your self-esteem. Tell yourself you can meet your goals and that you are in control. Rehearsal

Get ready for stressful events. Act out an event before it occurs and imagine it ending well.

Backward Bend

1. Stand in a comfortable position with your feet slightly apart.
2. Put your hands on your lower back and bend backward a few inches.
3. Hold for 5 seconds.

Shldr Shrug

1. Stand or sit with your arms at your sides.
2. Raise your shoulders up toward your ears.
3. Hold for 5 seconds and lower your shoulders.
4. Relax and repeat.

Neck Tilt

1. Stand or sit and tilt your head to the right as far as your ear is over your shoulder.
2. Hold for 5 seconds and return to the center.
3. Repeat on the other side.

Neck Turn

1. Stand or sit and turn your head to the right as far as you can.
2. Hold for 5 seconds and return to the center.
3. Relax and repeat on the other side.

Shldr Squeeze

1. Stand or sit and bring your hands level with your ears.
2. Squeeze your shoulder blades together.
3. Hold for 3 seconds.
4. Relax and repeat.

Call a doctor or a mental health professional if you:

• Relies on alcohol, drugs, or overeating.
•Feel depressed, out of control, or hopeless.
• Have missed a lot of work.
• Have gained or lost a lot of weight.
• Can’t control your spending habits.
Stress is how your body and your mind react to change. It can get you going and help you focus. However, if you have too much of it you don’t deal with it well, stress can lead to unwanted symptoms.

Many things can trigger stress, including:
- Minor things like oversleeping, running late, car problems, or traffic
- Major events such as moving, getting married, having a baby, or changing or losing your job
- Ongoing problems with things like money, health, or work

Symptoms
Stress symptoms may include:
- Clammy hands, dry mouth, headaches, tight muscles, a skin rash, or sleep problems
- Anger, confusion, sadness, fear, or forgetfulness
- Alcohol or drug abuse
- Avoiding loved ones, eating problems, or depression

Home Care
- Learn to relax.
- Change your lifestyle.
- Stretch tight muscles.
- Improve your living and working space.
- Call a doctor or a mental health professional if you:
  - Rely on alcohol, drugs, or overeating.
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When you are relaxed, your body slows down and your mind becomes calm. You feel better, think better, and work better. There are many ways to relax. Try one of the methods below or come up with your own.

Deep Breathing
It’s a good idea to practice deep breathing regularly. Deep breathing is a great way to relax your body and your mind. It’s also an important part of many other relaxation methods.

1. Choose a quiet spot. Sit or stand in a comfortable position.
2. Slowly breathe in through your nose and push out your stomach as much as you can.
3. Hold your breath for a few seconds.
4. Slowly breathe out through your mouth.
5. Repeat three or four times.

T he Calming Response
The Calming Response takes the Deep Breathing method a step further. Use this technique to calm yourself before or during a stressful event.

1. Breathe in deeply. Hold your breath for 5 seconds.
2. Blow out slowly and focus on relaxing all the muscles in your body.
3. Repeat the following words to yourself: “I am relaxed.”
4. Continue for a few minutes until you feel calm.

Imagery
This is a good method to use when you need a mini-break from the stresses of the day.

1. Close your eyes and picture a peaceful, restful, beautiful, happy scene.
2. Allow your imagination to run free. For example, imagine yourself on a beach. “See” the palm trees. “Hear” the breaking waves. “Smell” the ocean air. “Feel” the sun on your body.
3. If stressful thoughts enter your mind, gently push them aside by focusing on the details of your scene.
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3. Repeat these words and focus on your hand until it begins to feel warm and heavy.
4. Repeat this process with your left hand, left arm, right leg, left leg, and so on until all the muscles in your body feel relaxed.

Other Methods to Try
Positive Self-Talk
Boost your self-esteem. Tell yourself you can meet your goals and that you are in control.

Rehearsal
Get ready for stressful events. Act out an event before it occurs and imagine it ending well.

Progressive Muscular Relaxation
Learn how it feels to relax. Once at a time, tense and relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

Stress can make your muscles tight and sore. When you stretch, you not only relax and soothe your muscles, you calm your mind as well.

Forward Lean
1. Lean forward in a chair.
2. Lower your head to your knees.
3. Hold for 30 seconds.

Supported Rest
1. Lie on a carpeted floor (or on a couple of folded blankets) with your knees bent.
2. Place your arms at your sides.
3. Rest your calves and feet (not your thighs) on a couch or chair.
4. Hold for 5 to 15 minutes.

Backward Bend
1. Stand in a comfortable position with your feet slightly apart.
2. Put your hands on your lower back and bend backward a few inches.
3. Hold for 5 seconds.

Shoulder Shrug
1. Stand or sit with your arms at your sides.
2. Raise your shoulders up toward your ears.
3. Hold for 5 seconds and lower your shoulders.
4. Relax and repeat.

Neck Tilt
1. Stand or sit and lift your head to the right so your ear is over your shoulder.
2. Hold for 5 seconds and return to the center.
3. Repeat on the other side.

Neck Turn
1. Stand or sit and turn your head to the right as far as you can.
2. Hold for 5 seconds and return to the center.
3. Relax and repeat on the other side.

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Home Care
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Deep Breathing Methods
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The Calming Response
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2. Place your arms at your sides.
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Backward Bend
1. Stand in a comfortable position with your feet slightly apart.
2. Put your hands on your lower back and bend backward a few inches.
3. Hold for 5 seconds.

Stretching Exercises
Shoulder Shrug
1. Stand or sit with your arms at your sides.
2. Raise your shoulders up toward your ears.
3. Hold for 5 seconds and lower your shoulders.
4. Relax and repeat.

Shoulder Squeeze
1. Stand or sit and bring your hands level with your ears.
2. Squeeze your shoulder blades together.
3. Hold for 3 seconds.
4. Relax and repeat.
Understanding Stress

Stress is how your body and your mind react to change. It can get you going and help you focus. However, if you have too much of it or don’t deal with it well, stress can lead to unwanted symptoms.

Stress Triggers

Many things can trigger stress, including:
- Minor things like oversleeping, running late, car problems, or traffic
- Major events such as moving, getting married, having a baby, or changing or losing your job
- Ongoing problems with things like money, health, or work

Symptoms

Stress symptoms may include:
- Clammy hands, dry mouth, headaches, tight muscles,
- Anger, confusion, sadness, fear, or forgetfulness
- Alcohol or drug abuse
- A skin rash, or sleep problems
- Mood swings, and not being able to concentrate
- Fatigue

Home Care

Learn to relax.
- Change your lifestyle.
- Stretch tight muscles.
- Improve your living and working space.

Call a doctor or a mental health professional if you:
- Rely on alcohol, drugs, or overeating.
- Feel depressed, out of control, or hopeless.
- Have missed a lot of work.
- Have gained or lost a lot of weight.
- Can’t control your spending habits.

When you are relaxed, your body slows down and your mind becomes calm. You feel better, think better, and work better. There are many ways to relax. Try one of the methods below or come up with your own.

Deep Breathing

It’s a good idea to practice deep breathing regularly. Deep breathing is a great way to relax your body and your mind. It’s also an important part of many other relaxation methods.

1. Choose a quiet spot. Sit or stand in a comfortable position.
2. Slowly breathe in through your nose and push out your stomach as much as you can.
3. Hold your breath for a few seconds.
4. Slowly breathe out through your mouth. Pucker your lips (like you are whistling) so you can control how fast the air comes out of your mouth.
5. Repeat three or four times.

Deep Breathing

When you are relaxed, your body slows down and your mind becomes calm. You feel better, think better, and work better. There are many ways to relax. Try one of the methods below or come up with your own.

The Calming Response

The Calming Response takes the Deep Breathing method a step further. Use this technique to calm yourself before or during a stressful event.

1. Breathe in deeply. Hold your breath for 5 seconds.
2. Blow out slowly and focus on relaxing all the muscles in your body.
3. Repeat the following words to yourself: “I am relaxed.”
4. Continue for a few minutes until you feel calm.

Imagery

This is a good method to use when you need a mini-break from the stress of the day.

1. Close your eyes and picture a peaceful, restful, beautiful, happy scene.
2. Allow your imagination to run free. For example, imagine yourself on a beach. “See” the palm trees. “Hear” the breaking waves. “Smell” the ocean air. “Feel” the sun on your body.
3. If stressful thoughts enter your mind, gently push them aside by focusing on the details of your scene.
4. Think about the scene until you feel rested and relaxed.

Autogenics

With this method, you actually “tell” your body to relax. If you would like more control over your body’s reaction to stress, this may be a good relaxation method for you.

1. Sit and close your eyes.
2. Relax your right hand and let it go loose. Say to yourself “My right hand feels warm and heavy.” In your mind, picture your right hand getting warm and heavy.
3. Repeat these words and focus on your right hand until it begins to feel warm and heavy.
4. Repeat this process with your left hand.
5. Continue for a few minutes until you feel calm.

Progressive Muscular Relaxation

Stress can make your muscles tight and sore. When you stretch, you not only relax and soothe your muscles, you calm your mind as well.

Forward Lean

1. Lean forward in a chair.
2. Lower your head to your knees.
3. Hold for 30 seconds.

Supported Rest

1. Lie on a carpeted floor (or on a couple of folded blankets) with your knees bent.
2. Place your arms at your sides.
3. Rest your calves and feet (not your thighs) on a couch or chair.
4. Hold for 5 to 15 minutes.

Other Methods to Try

Positive Self-Talk

Boost your self-esteem. Tell yourself you can meet your goals and that you are in control.

Rehearsal

Get ready for stressful events. Act out an event before it occurs and imagine it ending well.

Progressive Muscular Relaxation

Learn how it feels to relax. Once at a time, tense and relax the major muscle groups in your body. Think about how it feels to be relaxed instead of tense.

Shou ulder Shrug

1. Stand or sit with your arms at your sides.
2. Raise your shoulders up toward your ears.
3. Hold for 5 seconds and lower your shoulders.
4. Relax and repeat.

Neck Tilt

1. Stand or sit and tilt your head to the right so your ear is over your shoulder.
2. Hold for 5 seconds and return to the center.
3. Repeat on the other side.

Neck Turn

1. Stand or sit and turn your head to the right as far as you can.
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3. Relax and repeat on the other side.

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1. Stand or sit and bring your hands level with your ears.
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Understanding Stress

Stress is how your body and your mind react to change. It can get you going and help you focus. However, if you have too much of it or you deal with it well, stress can lead to unwanted symptoms.

Stress Symptoms

- Minor things such as moving, getting married, having a baby, or changing your job
- Major problems with things like money, health, or work
- Alcohol or drug abuse
- Anger, confusion, sadness, fear, or forgetfulness
- Health problems such as a skin rash, or sleep problems
- Major events such as moving, getting married, having a baby, or changing or losing your job
- Minor things like oversleeping, running late, car accidents

Stress Triggers

Many things can trigger stress, including:

- Minor stressors such as overeating, running late, car problems, or traffic
- Major events such as moving, getting married, having a baby, or changing or losing your job
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1. Sit and close your eyes.
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3. Repeat these words and focus on your hand until it begins to feel warm and heavy.
4. Repeat this process with your right arm, left hand, left arm, right leg, left leg, and so on until all the muscles in your body feel relaxed.

Imagery

This is a good method to use when you need a mini-break from the stresses of the day.

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1. Lie on a carpeted floor (or on a couple of folded blankets) with your knees bent.
2. Place your arms at your sides.
3. Rest your calves and feet (not your thighs) on a couch or chair.
4. Hold for 5 to 15 minutes.

Backward Bend

1. Stand in a comfortable position with your feet slightly apart.
2. Put your hands on your lower back and bend backward a few inches.
3. Hold for 5 seconds.

Shoulder Squeeze

1. Stand or sit and bring your hands level with your ears.
2. Squeeze your shoulder blades together.
3. Hold for 3 seconds.
4. Relax and repeat.

Neck Tilt

1. Stand or sit and tilt your head to the right so your ear is over your shoulder.
2. Hold for 5 seconds and return to the center.
3. Repeat on the other side.

Neck Turn

1. Stand or sit and turn your head to the right as far as you can.
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Managing Stress

**Exercise**

- Tips for Getting Started
  - Check Your Sleep Environment
    - Sleep on a firm, comfortable mattress.
    - If you have a partner, get a bed that is big enough for both of you.
    - Turn off the ringer on your phone.
    - Keep your room dark or wear a blindfold.
    - Make sure the air in your bedroom is cool and fresh.

- Practice Good Sleep Habits
  - Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.
  - Avoid caffeine for at least six hours before going to bed.
  - Don’t drink alcohol for at least three hours before going to bed.
  - Use your bed for sleep only (not for reading, watching TV, or lounging).

- Getting the Most from Exercise
  - Do exercise that makes your heart beat faster like running, walking, biking, or swimming.
  - Work out at least three times a week for 20-60 minutes each time.
  - Go into your workout thinking that you are going to feel great and release stress.

- Why Exercise?
  - Exercise helps you recover from the stresses of the day.
  - Especially when you are under stress and most in need of sleep, it can be hard to come by.

- Improving Your Space
  - Practice the Right Foods
    - Vitamin C
      - Green peppers
      - Grapefruit
      - Potatoes
    - Vitamin B
      - Whole grains
      - Beans
      - Seeds
      - Nuts
    - Calcium
      - Collard greens
      - Broccoli
      - Spinach
      - Cheese
    - Milk
      - Protein
      - Dried beans
      - Almonds
      - Meat
      - Milk
    - Foods to Lose
      - Cake
      - Candy
      - Ice cream
      - Soft drinks
      - Processed foods
      - Jams and jellies
      - Sugar
    - Foods to Choose
      - Calcium
      - Collard greens
      - Broccoli
      - Spinach
      - Cheese
      - Milk
      - Protein
      - Dried beans
      - Almonds
      - Meat
      - Milk
    - Salt
      - Smoked or cured foods
    - Sugar
      - Jam and jellies
    - Fat
      - Saturated fat
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- Stress-less Tips
  - Think of waiting time as free time. Read a book, write letters, or just relax.
  - Lover your standards. The world will not end if you don’t finish each and every task.
  - Write down your thoughts and feelings. Writing allows you to express yourself and may help you find a new way of looking at things.
  - If you must get something done, don’t put it off. Waiting until the last minute increases stress.
  - Do one thing at a time. Don’t try to eat, watch TV, and talk with your family all at once.
  - Take time out for yourself every day. Take a long, hot bath, go for a walk, or enjoy your favorite hobby.
  - Talk out your problems with a counselor or a trusted friend. Even if you don’t come up with any solutions, talking may make you feel better.
  - Plan ahead. Buy stamps or bus tokens before you run out. Fill the gas tank when you still have a quarter tank.
  - Remember that some tasks need to be done perfectly, and others just need to be done.
  - Be on time. When you are late, you add extra stress to an already hectic schedule.

**Lifestyle Stress Busters**

- Understanding Stress
- Learning to Relax
- Stretching Exercises
- Lifestyle Stress Busters
- Improving Your Space
- Stress-less tips
Getting the Most from Exercise

Why Exercise?
Getting stress out of your system is good for your body, mind, and spirit. Exercise reduces tension and stress by releasing endorphins (natural chemicals that make you feel great and release stress). Exercise also helps reduce stress symptoms.

Lifestyle Stress Busters

Check Your Sleep Environment
- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Try exercising with a group or a friend.

Set fitness goals. Goals can push you to improve your level of fitness.

Get moving! Running, walking, biking, or swimming. At least three times a week for 20-60 minutes each time.

Practice Good Sleep Habits
- Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.
- Avoid caffeine for at least six hours before going to bed.
- Don’t drink alcohol for at least three hours before going to bed.
- Use your bed for sleep only (not for reading, watching TV, or lounging).
- When you get up in the morning, get moving, or do something else to begin your day right.

Take a long, hot bath, go for a walk, or enjoy your favorite hobby.

Foods to Choose
- Calcium: Collard greens, broccoli, spinach, cheese, milk, yogurt
- Vitamin C: Green peppers, grapefruit, potatoes, oranges, melons
- Protein: Dried beans, almonds, cheeses, meat, milk
- Whole grains
- Beans
- Seeds
- Liver
- Nuts
- Green peppers
- Melons
- Oranges
- Potatoes
- Vitamin C
- Calcium
- Protein

Foods to Lose
- Butter
- Cheese
- Egg yolks
- Fatty meats
- Saturated fat
- Butter
- Cheese
- Egg yolks
- Fatty meats
- Saturated fat
- Processed foods
- Soy sauce
- Sauerkraut
- Vegetable juices
- Canned vegetables
- Processed snack food
- Smoked or cured foods
- Salt
- Smoked or cured foods
- Processed snack food
- Canned vegetables
- Vegetable juices
- Sugary drinks
- Soft drinks
- Caffeine
- Sugar
- Jams and jellies
- Processed foods
- Soft drinks
- Ice cream
- Candy
- Cake

Foods that contain the items listed below can make your stress symptoms worse.

Produce natural sleep aids.

Lifestyle Stress Busters

Getting the Most from Exercise

- Release built-up stress.
- Reduce stress symptoms.
- Take your mind off your stress triggers.
- Make time for your workouts like you would any other appointment.
- To keep yourself interested, change where you work out, or the type of exercise you do.
- If you miss a session or two, don’t quit.

Check Your Sleep Environment

- Sleep on a firm, comfortable mattress.
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- If you miss a session or two, don’t quit.
Exercise

You probably already know that exercise makes you stronger and healthier. What you may not know is that exercise also helps reduce stress symptoms.

Why Exercise?
- Release built-up stress.
- Reduce stress symptoms.
- Take your mind off your stress triggers.
- Produce natural painkillers (called endorphins).

Getting the Most from Exercise
- Do exercise that makes your heart beat faster like running, walking, or swimming.
- Do exercise that makes your heart beat faster like running, walking, or swimming.
- Find the kind of exercise you enjoy.
- Go into your workout thinking that you are going to have fun.
- Make sure the air in your bedroom is cool and fresh.

Practice Good Sleep Habits
- Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.
- Avoid caffeine for at least six hours before going to bed.
- Don't drink alcohol for at least three hours before going to bed.
- Don't drink alcohol for at least three hours before going to bed.
- Go to bed early. If you don't get enough sleep, it can be hard to come by.

Tips for Getting Started
- Find the kind of exercise you enjoy.
- Start slowly. Becoming more fit shouldn't be painful.
- Make time for your workouts like you would any other appointment.
- Exercise with a group or a friend.
- Set fitness goals. Goals can push you to improve your level of fitness.
- To keep yourself interested, change where you exercise or the type of exercise you do.
- If you miss a session or two, don't quit.

Choose the Right Foods

<table>
<thead>
<tr>
<th>Foods to Choose</th>
<th>Foods to Lose</th>
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<tbody>
<tr>
<td>Vitamin C</td>
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Lifestyle Stress Busters

Check Your Sleep Environment
- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Cheat the Air
- Don't smoke or let others smoke around you.
- Leave the windows open.
- If the air is too humid, use a dehumidifier.
- If the air is too dry, use humidifiers.

Use the Right Light
- Don't use too much or too little light.
- Don't let light shine right into your eyes.
- Spend as much time as you can near windows and other sources of natural light.
- If fluorescent lighting bothers your eyes, try full-spectrum or halogen bulbs.

Clean It Up
- But don't work too hard at making your space spotless.
- Try not to let dirt and clutter build up.
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- Try not to let dirt and clutter build up.

Cut Down on Noise
- If you don't have a room of your own, try blocking out the noise.
- If noise from housemates or neighbors bothers you, try creating a personal space for yourself.
- If you work in an open office space, ask your employer to install partitions.
- If you must get something done, don't put it off.

B e on time. When you are late, you add extra stress to your day.
- Remember that some tasks need to be done perfectly, and others just need to be done.
- Be on time. When you are late, you add extra stress to your day.
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- Be on time. When you are late, you add extra stress to your day.
- Remember that some tasks need to be done perfectly, and others just need to be done.

Make Your Own Space
- Try to create a personal space for yourself.
- If you don't have a room of your own, try blocks off an area with screens or plants.

Stress-less Tips
- Think of waiting time as free time. Read a book, write letters, or just relax.
- Love your standards. The world will not end if you don't finish each and every task.
- Write down your thoughts and feelings. Writing allows you to express yourself and may help you find a new way of looking at things.
- If you must get something done, don't put it off.

Managing Stress

Understanding Stress
- Learning to Relax
- Stretching Exercises
- Lifestyle Stress Busters
- Stress-less tips

Improving Your Space

Living or working in unpleasant surroundings can increase stress symptoms. To make your space more relaxing, follow the guidelines below.

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- Release built-up stress.
- Reduce stress symptoms.
- Take your mind off worry and stress.
- Produce natural painkillers (called endorphins).

Getting the Most from Exercise
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- Find the kind of exercise you enjoy.
- Try exercising with a group or a friend.
- Set fitness goals. Goals can push you to improve faster.
- Start slowly. Becoming more fit shouldn’t be painful.
- Go into your workout thinking that you are going to feel great and release stress.
- Take your mind off things you worry about by practicing good sleep habits.
- Breathe more deeply using the technique shown below.
- Reduce stress symptoms.
- Release built-up stress.
- Produce natural painkillers (called endorphins).

Tips for Getting Started
- Find the kind of exercise you enjoy.
- Take your mind off things you worry about by practicing good sleep habits.
- Start slowly. Becoming more fit shouldn’t be painful.
- Do exercise that makes your heart beat faster like running, walking, biking, or swimming.

Choosing Sleep Environment
- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Tips for Getting Started
- Set fitness goals. Goals can push you to improve faster.
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- Produce natural painkillers (called endorphins).
Exercise

You probably already know that exercise makes you stronger and healthier. What you may not know is that exercise also helps reduce stress symptoms.

Why Exercise?

- Release built-up stress.
- Reduce stress symptoms.
- Take your mind off your stress triggers.
- Produce natural painkillers (called endorphins).

Getting the Most from Exercise

- Do exercise that makes your heart beat faster like running, walking, biking, or swimming.
- Work out at least three times a week for 20-60 minutes each time.
- Go into your workout thinking that you are going to feel great and release stress.

Tips for Getting Started

- Find the kind of exercise you enjoy.
- Start slowly. Becoming more fit shouldn’t be painful.
- Make time for your workouts like you would any other appointment.
- Try exercising with a group or a friend.
- Set fitness goals. Goals can push you to improve your level of fitness.
- To keep yourself interested, change where you exercise or the type of exercise you do.
- If you miss a session or two, don’t quit.

Check Your Sleep Environment

- Sleep on a firm, comfortable mattress.
- If you have a partner, get a bed that is big enough for both of you.
- Turn off the ringer on your phone.
- Keep your room dark or wear a blindfold.
- Make sure the air in your bedroom is cool and fresh.

Practice Good Sleep Habits

- Go to bed only if you are sleepy. If you are wide awake, do something relaxing until you feel drowsy.
- Avoid caffeine for at least six hours before going to bed.
- Don’t drink alcohol for at least three hours before going to bed.
- Use your bed for sleep only (not for reading, watching TV, or lounging).
- Make sure the air in your bedroom is cool and fresh.

Choose the Right Foods

Foods to Choose

If you are feeling stressed, the nutrients below can help you fight stress symptoms.

<table>
<thead>
<tr>
<th>Vitamin C</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green peppers</td>
<td>Collard greens</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Spinach</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Cheese</td>
</tr>
<tr>
<td>Oranges</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Melons</td>
<td>Milk</td>
</tr>
</tbody>
</table>

Foods to Lose

Foods that contain the items listed below can make your stress symptoms worse.

<table>
<thead>
<tr>
<th>Vitamin B</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains</td>
<td>Smoked or cured foods</td>
</tr>
<tr>
<td>Beans</td>
<td>Processed snack food</td>
</tr>
<tr>
<td>Seeds</td>
<td>Smoked or cured foods</td>
</tr>
<tr>
<td>Liver</td>
<td>Processed snack food</td>
</tr>
<tr>
<td>Nuts</td>
<td>Smoked or cured foods</td>
</tr>
</tbody>
</table>

Foods to Mind

Foods to avoid when you are feeling stressed.

<table>
<thead>
<tr>
<th>Sugar</th>
<th>Saturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jams and jellies</td>
<td>Fatty meats</td>
</tr>
<tr>
<td>Processed foods</td>
<td>Whole milk</td>
</tr>
<tr>
<td>Soft drinks</td>
<td>Egg yolks</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Cheese</td>
</tr>
<tr>
<td>Candy</td>
<td>Butter</td>
</tr>
</tbody>
</table>

Getting the Most from Exercise

Living or working in unpleasant surroundings can increase stress symptoms. To make your space more relaxing, follow the guidelines below.

Clear the Air

- Don’t smoke or let others smoke around you.
- Leave the windows open.
- If the air is too humid, use a dehumidifier.
- If the air is too dry, set out plants.

Use the Right Light

- Don’t use too much or too little light.
- Don’t let light shine right into your eyes.
- Spend as much time as you can near windows and other sources of natural light.
- If fluorescent lighting bothers your eyes, try full-spectrum or halogen bulbs.

Clean It Up

- Try not to let dirt and clutter build up.
- But don’t work too hard at making your space spotless.

Cut Down on Noise

- Waiting until the last minute increases stress.
- Talk out your problems with a counselor or a trusted friend. Even if you don’t come up with any solutions, talking may make you feel better.
- Plan ahead. Buy stamps or bus tokens before you run out. Fill the gas tank when you still have a quarter tank.
- Remember that some tasks need to be done perfectly, and others just need to be done.
- Be on time. When you are late, you add extra stress to an already hectic schedule.

Make Your Own Space

- To try to create some personal space for yourself.
- If you don’t have a room of your own, try blocking off an area with screens or plants.

Stress-less Tips

- Think of waiting time as free time. Read a book, write letters, or just relax.
- Lower your standards. The world will not end if you don’t finish each and every task.
- Write down your thoughts and feelings. Writing allows you to express yourself and may help you find a new way of looking at things.
- If you must get something done, don’t put it off. Waiting until the last minute increases stress.
- Do one thing at a time. Don’t try to eat, watch TV, and talk with your family all at once.
- Take time out for yourself every day. Take a long, hot bath, go for a walk, or enjoy your favorite hobby.
- Talk out your problems with a counselor or a trusted friend. Even if you don’t come up with any solutions, talking may make you feel better.
- Plan ahead. Buy stamps or bus tokens before you run out. Fill the gas tank when you still have a quarter tank.
- Remember that some tasks need to be done perfectly, and others just need to be done.
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Improving Your Space

Managing Stress

- Understanding Stress
- Learning to Relax
- Stretching Exercises
- Lifestyle Stress Busters
- Stress-less tips

HIT THE MACROS TO GET FULL TEXT.