Stress Relief Techniques

Stress can be hard on our mental, physical, and emotional health. Finding ways to deal with stress is important. Here are some different ways to cope with stress:

- Find time for yourself
- Seek help from others
- Exercise
- Relax
- Breathe deeply
- Get a massage
- Listen to uplifting music
- Laugh
- Imagine a place that is relaxing
- Focus on the positive
- Forgive
- Keep your finances organized
- Write in a journal
- Read

Or, try these exercises:

Deep breathing – Inhale through your nose while counting to 5, feeling your abdomen expand. Exhale slowly through your mouth while counting to 5, visualizing your tension leaving your body. Repeat.

Progressive muscle relaxation – Slowly tense muscles in your feet for at least 5 seconds, then relax. Slowly tense muscles in your legs for at least 5 seconds, then relax. Continue progressing upwards as you relax each muscle group. Relax for 30 seconds, then repeat.

Visualization – Sit in a comfortable position, close your eyes, and imagine a peaceful, calming place. As you do this, use as many of your senses as possible. For example, if you imagine yourself at the ocean, feel the warm sun on your face, listen to the waves crashing, smell the salty sea water, and feel the grains of sand below your feet.

Healthy Minds