



Stressbusters

Do you need a stress time out? The following relaxation techniques will help relieve mental and physical tension.

- Close your eyes and breathe in slowly. Let out your breath for a count of five. Repeat ten times.
- Raise your arms above your head. Stretch left and hold to a count of four. Repeat to the right. Reach straight up and stretch your back and shoulder muscles. Gently tilt your right ear toward your right shoulder, then repeat on the left. Open your mouth as wide as you can and yawn.
- Take a brisk walk at lunch or during a break. Climb the stairs instead of using the elevator.
- Eat foods with stress-busting B and C vitamins, such as fresh fruits, vegetables, and whole grains.
- Cut back on caffeine. Try a glass of water or a soothing herbal tea instead.
- See the humor in your daily situation. If laughter is hard to find, think of a favorite scene from a funny movie or TV show.
- Look out the window and let your thoughts drift. Contemplate what's going on around you in the natural world.
- Work on a crossword puzzle or play a game on your break.



- Picture a peaceful place: a meadow, the ocean, or a favorite room in your house. Visualize the scene in detail. How does it look? Smell? Feel?
- Close your eyes, breathe slowly and deeply, and repeat a soothing word with each breath. Do this for up to ten minutes.
- Step outside. Soak in some sunshine and breathe in some fresh air.
- Express gratitude. Think of five things that you are grateful for in that moment.
- Focus on completing one task, no matter how small. Then focus on completing another.

If your stress levels are on overload, LifeMatters can help. Expert assistance is available 24/7/365.

1-800-634-6433

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