

Stress Busters

Taking care of your body

As you face pressure day after day, you can easily become stressed and fatigued. Sometimes it seems easy to ignore your body's needs. Fortunately, you don't have to live a life of anxiety. Here are a few ways to keep your entire body running smoothly at its full potential.



Get Your Breath

When you begin to feel uptight or nervous, stop and take a deep breath. This will help to keep you from taking shallow breaths as you deal with stressful situations.

Create A Ritual



Practice an evening ritual before you go to bed to help your body unwind and prepare for sleep. You might enjoy reading an uplifting book or taking a hot shower. Use whatever method works well for you.



Have Some Patience

Although you will make some mistakes throughout the week, don't berate yourself when they happen. Show yourself as much patience as you would a close friend or family member. If you can remedy the situation, do so. If not, leave the problem in the past and move on.



Eat Only

As you eat dinner, don't allow yourself to watch TV or read a book. Avoiding other activities while eating will allow you to enjoy your food and possibly keep you from overeating. Spend the mealtime reflecting on your day.

Form A Gang

You probably have a group of friends who either love working out or want to get started in an exercise program. Form a workout “gang” with those friends. You could exercise regularly together and keep each other accountable on your exercise and eating habits. Also, when things get tough, you can go to them for encouragement.

Pamper Yourself



It is crucial that you do some things simply because you enjoy doing them. Occasionally, do an activity just for fun. Break away from the seriousness of life and pamper yourself. Buy yourself a healthy treat for lunch, go swimming on the hottest day of the year, or get your hair done at a salon and then go out for an elegant dinner. Pepper your life with pleasures. As you take time for yourself, you will find the stress falling away, replaced by relaxation and calmness.

Anxiety Antidotes

1. Learn to say no when others put unwanted demands on you.
2. Let go of negative thoughts, relationships and feelings.
3. Resume or create a fun hobby that you enjoy.
4. Give yourself a hug three times a day.
5. Make lunch a time when you can relax and get away from stress.