

TEN TIPS TO REDUCE STRESS

1. Upon awakening in the morning express your gratitude for another day of life.
2. Read inspirational material for ten minutes, i.e. a book on meditation or personal growth.
3. Do sitting meditation for 20 minutes.
4. Take a ten to twenty minute walk or run in nature if possible without the interruption of telephone calls or texting.
5. Make a list of the five most important things you want to accomplish this day.
6. Eat a healthy breakfast slowly without the distractions of telephone, radio, television, internet, or newspapers.
7. In midmorning or at any time at work or at home when you are stressed, take a five minute meditation break, breathing in to the count of 6 and breathing out to the count of 9.
8. Share a joke or some light conversation with a coworker or friend for five minutes.
9. Eat your lunch slowly without distractions except for a relaxed conversation with coworkers.
10. At the end of your workday when you return home lie down and do a body scan, consciously relaxing each part of your body while listening to relaxing music.