



Stress / Relaxation Tips & Strategies

- 1. Take frequent naps.** This might not be possible at work, but taking naps on the weekend is something you can & should do.
- 2. Listen to your body.** How many of you actually listen to your body? Do you slow down when you get tired or become ill? Or do you keep going into the office and working long hours?
- 3. Snuggle up on the couch, with a blanket, and be still.** Where is your 'cozy corner'?
- 4. Spend time with your pet.** Numerous studies have shown that spending time with a pet is relaxing, fun, and can lower your stress level.
- 5. Practice deep breathing and meditation.**
- 6. Give hugs.** Hug your friends, family members and partner. Hugging more often not only increases happiness but makes us happier.
- 7. Cook a healthy meal at home.** Savor your time in the kitchen by making a simple healthy meal. Use simple ingredients like whole grains, vegetables and fruits in your dish.
- 8. Ask your partner/friend for a massage.**
- 9. Take a dancing class, get moving!**
- 10. Participate in activities or hobbies that relax you.** What are your favorite hobbies? Do you like going for long runs or slow leisurely walks?
- 11. Smile and laugh.** Have fun and learn to smile and laugh more. If you have trouble laughing, look into laughing yoga.
- 12. Imagine a personal paradise.**
- 13. Listen to calming music.** It really does help!
- 14. Observe your surroundings.** If your home is loud, find a quiet place to cultivate laziness. Bring a blanket to the park and observe your surroundings.
- 15. Take a long hot bath.**
- 16. Read a good book.** There is nothing more powerful and relaxing than getting lost in the power of a good story.
- 17. Learn to prioritize your tasks.** By prioritizing your tasks, you'll have more time to relax and do what you love in your down time.
- 18. Go on a slow meditative walk.**
- 19. Take a long, leisurely bike ride.**
- 20. Hit snooze.** Rather than jumping out of bed in the morning, slowly wake up. Allow yourself an extra half hour to doze on and off. Hitting the snooze button a few times isn't a bad thing.
- 21. Exercise every day.** Take time out of your busy routine and take a long walk, run or bike ride. It's amazing how much exercise can help reduce levels of stress.
- 22. Do less.** Learning to relax doesn't have to be so complicated. We just have to do less and make the time for self-care.
- 23. Download a mindfulness app on your phone.**

