

IDENTIFYING MY STRESS RELIEVERS



Helping YOU
Choose a happier,
More fulfilling life

It is important to do things for ourselves that relax our minds and our bodies. It is important to be able to distract yourself from worry and negative thinking, because they heighten your body's stress reactions. Focusing on taking deep breaths, filling your lungs and feeling your belly rise, has been shown to reduce the body's reaction to stress and improves the functioning of your immune system. Especially when feeling anxious or fearful, take some slow, deep breaths, and you will be telling your body to relax. Physical relaxation (for example, progressive relaxation which involves tightening then relaxing the different muscles groups of the body) and meditation have powerful effects on the mind and body. Recent research pinpoints areas of the brain that are activated with feelings of pleasure and serenity. Practiced mediators show increased activity in those parts of the brain.

Different people find different things relaxing. For some people it is a warm bath with candles and favorite music, for others it is physical exercise or a walk in the woods. Sometimes it is talking with a friend, or playing with a pet, other times it is a silly television show that makes you laugh. A number of executives have found a 15-20 minute afternoon nap increases their productivity. You might try some new things that other people find work for them.

Write below things you want to try, as well as things you know work for you to remind you to do them more often.

New things I will try:

Things I will remember to do more often: