

STRESS MANAGEMENT TECHNIQUES

1. Deep Breathing

- △ Twenty minutes of deep breathing once a day or 10 minutes twice a day can significantly reduce the amount of stress in your body.
- △ Find a comfortable place to sit or lie down. Focus on each breath. Think of being totally relaxed as you inhale. Picture tension leaving your body as you exhale.
- △ Use a 2-second count in between breaths to be sure you slow down.

2. Muscle Relaxation

- △ Clenched fists and a tight stomach may cause headaches and heartburn. Reverse the effects of tension by using "Relaxation Exercise" (see handout), or by performing selected physical activities such as:

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| △ Walking | △ Running | △ Swimming | △ Aerobics |
| △ Cycling | △ Racquetball | △ Basketball | △ Speed bag |

- △ Performance of any of these activities non-stop for 20 minutes a day, at least 3 days a week, can significantly reduce your stress levels.

3. Be Positive!

- △ Change your attitude. Focus on the positive aspects of your life. If you look deep enough, things can almost always be worse. Whistling and singing can help take the edge off. Be creative. Come up with other ways to stay focused on the positive.

4. Express and Accept Emotions

- △ Don't keep things bottled up. It's okay to show your anger in a calm way. Communicate appropriately about what is bothering you through:

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| △ Conversation | △ Meditation | △ Prayer |
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5. Fix it or Forget it!

- △ Attend to what is possible. Dismiss the impossible. Brooding over matters beyond your

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