



Tips to Ease Tension

ATTITUDE IS EVERYTHING!

How you react to stress is determined by how you perceive an event. We are what we think. Reframe your response turning it to a positive. An alternate option is to think about a success, happy moment or past achievement.

SEPARATE YOURSELF.

Mentally separating can be very helpful if you feel stress coming on. Distract yourself to break whatever chain of thought is producing the stress. If possible, physically get up and leave the negative situation!

VISUALIZE.

Visualize or gaze at a picture of somewhere you would like to be that feels good. If you are having trouble thinking of a location focus on something at least 20 feet away to let your eye muscles relax.

TOUCH.

Recognize the muscles that tense up when stress is approaching. Massaging those muscles can break the cycle of tension. Another option is pressing on your temples. Use your fingertips to massage in small circles over your temples to help relax your body.

TWICE AS NICE.

Use affirmations. "I can handle this." "Stay calm." "Mistakes happen." Giving someone a compliment can also reduce stress while increasing happiness for both you and the individual you are complimenting.

SHOW THOSE EMOTIONS!

When in an appropriate location, yell or cry. Emotional release can be healing. On the flip side- share a joke. Smile! Laughter always makes us feel better and is contagious!

IN AND OUT.

Inhale expanding your belly on a count of 4; hold for a count of 7; exhale on a count of 8, letting go of the stress. A simpler option is to step away from whatever you are doing and count down from 10.