

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

10 Stress Busters

Financial concerns, children worries, aging parents, health issues, too much to do and too little time—the stressors of our time don't seem to be taking much of a break. If not managed, built up stress can rob us of our physical and mental health. Here are some simple ways to manage the stress in your life and claim your slice of peace in this time of chaos.

DRINK TEA

Black tea may lower levels of cortisol (the stress hormone) and green tea may shift brain wave activity from anxiety to relaxation.

REFLECT ON YOUR VALUES

David Creswell, Ph.D. from UCLA found that “Affirming your values changes the way you appraise a situation.” He suggests that in stressful situations, think about people and relationships that are important to you. This may help to lower your stress response and re-center.

SHOW YOUR AFFECTION

“Kissing relieves stress by creating a sense of connectedness, which releases endorphins, the chemicals that counteract stress and depression.” Found Laura Bearman, Ph.D. “The gentle pressure of a hug can stimulate nerve endings under the skin that send calming messages to the brain and slow the release of cortisol,” explains Tiffany Field, Ph.D., director of the University of Miami Medical School’s Touch Research Institute. Other studies have found that a hug from a friend can also help banish tension.

GET DEBT UNDER CONTROL

Rather than just accepting debt (and the too much money at the end of the month syndrome) as a fact of life, consider becoming debt free. Check out Dave Ramsey’s Total Money Makeover or another anti-debt program.

EXERCISE

Lower cortisol and raise calming “feel good” serotonin and dopamine levels. Try it right now...go for a quick 10 minute walk and assess your perceived stress level. I bet you’ll feel better.

“In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.”

Lee Iacocca

JOURNAL

Keep a journal. It will help you to identify the sources of stress in your life and better ways to cope with them.

TALK IT OUT

Talking with someone can help you gain a new perspective and help in accepting the stressor or formulating a plan to lessen its impact.

MEDITATE

Regular calming and focusing of the mind can have both physical and emotional rewards.

PLAY WITH YOUR PET

Pets can have a calming effect on our mood. If you don't have a pet, borrow your neighbors or visit your local humane society for some serious puppy time.

GET A MASSAGE

Either splurge for a professional massage or take turns with your spouse.

TAKE A BUBBLE BATH

Go all out and light candles, listen to quiet music and use wonderfully scented bubble bath.

DO THINGS THAT YOU ENJOY

Take time to read a book, work on crafts, play an instrument, take a class, join a group or other activities that you enjoy.

PUT IT TO THE 10 TEST

Ask yourself if the stressor is going to really matter in 10 hours. How about 10 days? 10 weeks? 10 months? 10 years? This can help to separate the larger issues from those that only seem huge.