

"Take Out" Stress Busters

Choose
HEALTH!

Stress is a part of our everyday lives. It can actually give us the incentive to "be the best we can be!" But what can we do when our daily dose of stress has made us feel overwhelmed, discouraged, or down right nasty?



Here are a few "take out" stress busters to use throughout the day wherever you are.

Deep Breathing

Simply take in a slow breath to the count of four, pause for a second, and then exhale to the count of four again. Feel your belly rise and your chest expand. Focus on the fresh clean air you are breathing in and delight in the moment. As you exhale, let go of all the tension, worry and waste into the wind. It will sweep it all away and help you get a new look at your situation. Remember this is not an exact science. It is a way for you to relax so add your own creative variations.

Laughter

Laughter helps relax our muscles and massage our inner organs. It also releases natural chemicals into our bodies that make us feel better. Have you ever noticed how often a child laughs? They can chuckle and find joy in the simplest things. So can you. Don't take yourself so seriously. Share a joke with others and exaggerate the story! Just remember to never laugh at the expense of another's feelings. Keep smiling!

Music

Do certain sounds or songs put you in a good mood or bring back a pleasant memory? Record those sounds on a "feel good" tape and keep it in your car, office, or home. Play it when caught in traffic or hurried to get chores done. Or why not just remember to whistle a happy tune?

Get up and Move

Our body's natural stress buster is exercise. It burns up the chemicals stress pours into our system. When you feel stressed, take five minutes to get up and away from the situation. Walk down the hall or to the bathroom. If possible, take a longer walk outside. Stretching can also help ease muscle tension.

These are just a few of our suggestions to help get you through stressful situations when you are on the go. Let us help you learn more about stress and its management. Call us at OSF Saint Francis RiverPlex 282-1600.

"We're the experts at making you better"

Visit our website at

<http://www.osfsaintfrancis.org/services/wellness/>

