

POWER10FIT



10 EZ WAYS TO DE-STRESS

STRESS IS EVERYWHERE

Stress is pervasive in almost all cultures.

And, it can sneak up on you when you least expect it – at work, home or when you're just out socializing.

You may not know exactly how to handle it when "STRESS" bursts through your door and enters your life.

So... here are 10 easy tactics you can add to your lifestyle "toolbox" to help cope with daily stress.

BREATHE



Sounds too simple... right? We breathe all day on our own! But, when we're stressed, our breath can become shallow and shorter than normal.

So breathe long and steady – in through your nose, and out through your mouth. Do a set of ten to start. That extra boost of oxygen can help reduce tension and relieve stress.

MOVE

Any form of exercise is good for de-stressing. If you can get to an exercise class or run outdoors, great, but if you can't, no problem.

Even some simple stretches like head rolls, shoulder shrugs or a downward dog can get your blood pumping.

This movement, alone, will help your brain release "feel-good" chemicals and relieve some of the nagging "tightness" that comes with stress.

Research has found that even one hour of exercise a week could help prevent up to 12% of future cases of depression.



GO OUTSIDE

Fresh air really does work wonders. A quick walk around the block can help clear your head and get your mind back on track.

Spending time in nature is great – eat your lunch in the park during your lunch break instead of at your desk and you'll come back to work refreshed and recharged!

TUNE IN

Listen to your body. It's trying to tell you something.

A quick ten second scan of your body can help you spot the sections of your body that feel stiff and tight.

You can do this sitting or standing (or lying down!) – start at your head and work your way down to your toes.

Then work at contracting and releasing each section of your body.



LAUGH

Hop on YouTube, Tik Tok or any of the social media video platforms and check out your favorite comedians. They're almost always good for a mood-boost!

Or, take advantage of the millions of funny viral videos online.

Cute puppies or kittens your thing? Or children saying the darndest things? Whatever makes you chuckle, go for it.

SING

Sure, soothing music or white noise apps can help you relax, but don't count out the value of a good ol' music-cranked-up-super-loud sing-along.

This works in the privacy of your own home or car. But if you're somewhere (like work) that may not appreciate your singing just pop on your headphones and lip sync.

Or.... maybe a little air-guitar?



DITCH THE DIGITAL

Simply putting your phone down or getting away from your computer screen can calm you down.

Over stimulation can fray your nerves, so make sure you take breaks if you work at your computer all day, and get offline at least an hour before you head for bed to ensure a good night's rest.

TEA

If you're stressed, make yourself a cup of herbal tea, like chamomile or peppermint (avoid caffeine which could make you more stressed).

The simple ritual of boiling the kettle and preparing tea can help keep you in the present moment and help you nurture yourself.



TRY AN APP

Not all digital devices are bad. In fact, sometimes using your phone can be a really "good thing".

Download a meditation app and take some time out. Apps like Headspace and Unplug have guided meditation series.

You could even try the 3-minute SOS sessions for whatever challenge you're facing right at the moment.

CONNECT

Whether it's your partner, pet or pal, a physical connection with other living beings can help you de-stress almost instantly.

So smooch your spouse, play with your pet or give a loved one a "happy hug!" Even picking up the phone and calling just to chat can be beneficial.

