

## **WAYS TO COPE WITH STRESS**

<b>PHYSICAL EXERCISE</b>	To work off tension, release aggressive feelings and control weight.
<b>BREATHING EXERCISES</b>	To slow down bodily functions and increase flow of oxygen.
<b>RELAXATION EXERCISES</b>	To control mind and bodily functioning - to feel one's own body relax.
<b>YOGA</b>	To be in control of mind, body and spirit through relaxation exercise and deep breathing techniques.
<b>RHYTHMIC ACTIVITY</b>	Dance to rhythmic music. Play, sing or listen to music.
<b>IMAGERY</b>	Focus on a pleasant spot for 10 to 15 minutes.
<b>TALK OUT A PROBLEM</b>	Don't be afraid to share, or laugh or cry with someone you trust.
<b>EXPRESS YOURSELF NOT VERBALLY</b>	Drawing, poetry and crafts may help you to express your feelings and relieve tension.
<b>SELECT ACTIVITIES THAT YOU LIKE</b>	Things that you like to do are good for you. Pleasant recreation creates a healthy whole new world.
<b>MAINTAIN A PROPER DIET</b>	Be aware of your eating habits while under stress. Avoid junk food and excessive stimulants. Foods can and do affect your mood.