WAYS TO COPE WITH STRESS

PHYSICAL EXERCISE
To work off tension, release aggressive feelings and control weight.

BREATHING EXERCISES
To slow down bodily functions and increase flow of oxygen.

RELAXATION EXERCISES
To control mind and bodily functioning - to feel one’s own body relax.

YOGA
To be in control of mind, body and spirit through relaxation exercise and deep breathing techniques.

RHYTHMIC ACTIVITY
Dance to rhythmic music. Play, sing or listen to music.

IMAGERY
Focus on a pleasant spot for 10 to 15 minutes.

TALK OUT A PROBLEM
Don’t be afraid to share, or laugh or cry with someone you trust.

EXPRESS YOURSELF NOT VERBALLY
Drawing, poetry and crafts may help you to express your feelings and relieve tension.

SELECT ACTIVITIES THAT YOU LIKE
Things that you like to do are good for you. Pleasant recreation creates a healthy whole new world.

MAINTAIN A PROPER DIET
Be aware of your eating habits while under stress. Avoid junk food and excessive stimulants. Foods can and do affect your mood.