Relaxation and Stress Management Tips

Force yourself to take breaks.
For every hour or so that you work, take a 10 or 15 minute break. Let yourself do whatever you want (check email, hit a yoga mat, grab some water, call a friend, etc.) for those 10-15 mins, then start working again. This gives your brain a little rest and will help keep you more focused when you are actually doing work.

Visualize it all going right.
Imagine yourself accomplishing your goals and feeling confident in your success. When you imagine a happy ending, that’s often what happens, because you make the decisions that lead to it without even realizing.

Reduce Noise and Distractions (grab a pair of ear plugs!)
While trying to work or relax, noise and distractions can and do tend to create a certain amount of stress and uneasiness within the body. Simply develop a plan of action to combat these potential distractions and nullify them before they get out of hand.

Meditation & Deep Breathing (make use of our yoga mats!)
Both meditation and visualization is known to be beneficial for easing stress levels and centering the mind. Place a hand on your upper chest and a hand on your stomach. Notice how your breathe normally. Most people will notice they breathe shallowly: The hand on their chest is moving more than the hand on their stomach. Now concentrate on breathing deeply, all the way into your lungs, so that the hand on your stomach moves more than the hand on your chest. Breathe in for 4 counts though your nose, and out for 4 counts with your (open) mouth. Repeat.

Progressive Muscle Relaxation
This involves progressively relaxing every muscle of your body one muscle at a time up until your entire body is completely at ease. Best results come if this exercise is accomplished while lying down, however, if you are at work you can also undertake the exercise in a seated position. Begin at your toes and slowly relax each muscle of your body progressively moving up your legs through your chest and up to the tip of your head. Taking 5 to 10 minutes to focus in on this exercise several times per day will help you successfully manage your stress levels.

Take Naps & Get enough Sleep
Uninterrupted sleep brings harmony to the body and mind, whereas interrupted sleep leaves the body feeling fatigued throughout the day. If you find yourself laying awake in bed, get up and do a calming activity, or even write down some of the things you are worried about. Moreover, napping has been proven to ease stress and promote health and well-being. But when it comes to napping, don’t overdo it. Keep your naps to about 20 to 25 minutes and no longer.

Massage
We keep and store a lot of our tension within specific areas of our body. A professional masseuse will be able to identify and ease the tension within these areas, which will lead to a greater sense of well-being and harmony.
Drink Plenty of Water
Water provides you with the support you need to handle stress more effectively. In fact, making sure that you stay hydrated throughout your day is essential as it will boost your levels of energy and enable you to work through circumstances with more vigor and persistence.

Eat Regularly and Well
Don't skip meals. Your energy level will go down quicker without nutrition. Never think that you haven't got time. Caffeine intake can in and of itself make you feel more stressed. Many people are drawn to less healthy food when stressed; this tends to lead our bodies to cope less effectively.

Exercise
Exercise is one of the most effective ways to manage stress, and it works relatively quickly, too. To be most effective, try aerobic exercise that increases your heart rate, such as brisk walking, working up to 30 minutes at a time. Remember to contact your doctor before beginning an exercise program.

Reduce Procrastination & Manage your Time.
Overload is a common cause of stress. All of us have experienced having too much to do and not enough time to do it. Prioritize and work on the most important tasks. This will help you face your worries and reduce avoidance. Though distracting yourself can be relaxing, some of us take things too far and avoid problem(s).

Rely on a Support Network
Talk about your worries with someone you trust — be it a friend, family member, chaplain, teacher, or counselor. Sometimes another person can help you see a new side to the problem and thus, a new solution. Giving and receiving love and care are basic needs for all of us.

Laugh Your Way Out of Stress
The benefits of laughter have been widely documented. Laughter has been known to aid in promoting health and it also assists with reducing the effects that stress brings to the bo.

Sex Can Help Too
Sex is a popular form of extracurricular activity and a way to get your mind diverted and focused away from the stress that tends to linger around in your life. It's also a great form of exercise that has many associated health benefits.

You might also try:

- Taking a Long Hot Bath
- Relaxing to Your Favorite Music
- Playing with Children and or Pets
- Avoiding Stressful People
- Mindfulness Meditation (google it!)