

Stress Management Consultants



Top 5 Tips for Greater Peace and Vitality

- 1) Take 5 minutes twice a day to re-center. Sit somewhere where it is quiet, get comfortable, and breathe deep. If you like, you can put on relaxing music. Let everything go during this time--make it a true break in your day from all of your concerns and worries. Cherish each breath, and just let yourself be.
- 2) Put something in your work space that reminds you to relax. It can be a picture of a family member, or a gift that someone gave you, or a little note that you write for yourself with an uplifting message. Every time you see your reminder, take a deep breath and let go.
- 3) The most effective form of stress management is easy: ask for help. When we are overwhelmed, there are often many other people who would be willing to help us, if we would ask. Create a habit of asking for help, and allowing yourself to receive it when it is offered.
- 4) Exercise every day, doing something that you enjoy. What you do can be as simple as a nice walk through a park. Whatever you choose should be stimulating enough to work your muscles and raise your heart rate. However, it should not be so strenuous that it exhausts you or causes any kind of injury. Take some time after you exercise to relax and rejuvenate.
- 5) See the positive side of situations. When something bad happens, there is often a hidden gift that we only find out about much later. Make an effort to broaden your perspective enough to see what good may also come out of situations. See the humor in it, even. If you can't see the positive side, at least try to stay open to the possibility that there may be a positive side you will find out about later.