

25

Self-Care Ideas to Get You Through the Most Stressful of Days



- 1. Take 3 Deep Breaths** - combat stressful shallow breathing by stopping to take a breather.
- 2. Full Body Stretch** - this is a great way to slow down and become more in tune with your body.
- 3. Declutter** - you don't have to organize an entire office for this method to work. Start small and declutter your desk space to reduce stress levels.
- 4. Open the Blinds** - did you know even five minutes of sunlight first thing in the morning boosts your Vitamin D levels and balances your cortisol (stress) levels?
- 5. Put on a Face Mask** - and not just for women. Great for your skin, and relaxing for the mind.
- 6. Get a Massage** - relieve pain and stiffness, increase circulation, and reduce anxiety.
- 7. Keep a Journal** - stream-of-consciousness writing will clear your head of mental clutter and gain clarity.
- 8. Take a Nap** - a 15-minute power nap can reduce a ton of stress.
- 9. Read a Positive Book and Relax the Mind** - Even just two pages a day can do you some good.
- 10. Go Outside** - A walk around the block or nature is great for mental health.
- 11. Keep Phones Out of Your Bedroom** - Encourage better sleep in a space that is for your relaxation.
- 12. Eat a Healthy Snack** - Sometimes, all you need is a better food choice and little more nourishment.
- 13. Start a Hobby** - according to Dr. Kien Vuu, a clinical professor of medicine at UCLA, engaging in a hobby reduces stress and activates genes that increase immunity and decrease inflammation.
- 14. Laugh** - laughing is an underrated stress reliever. Watch a funny comedy show or video clip, or spend time with a hilarious friend.
- 15. Aromatherapy** - Diffuse essential oils to quickly boost your mood.
- 16. Take a Bath** - Light a candle and soak in the tub.
- 17. Have Tea or Coffee** - What is most important about this method is you should do this without being on a screen. Have a cup while sitting in peace, watching the sunset for example.
- 18. Put Positive Notes Around Your House** - Remind yourself you are powerful!
- 19. Listen to a Great Playlist** - Play one of your favorite songs, or try listening to meditative music.
- 20. Recite Positive Affirmations** - Here's an example, "I am grateful to be alive, and I am capable of achieving more than I believe."
- 21. Color** - Coloring books for adults are very popular, and they are known to be very therapeutic.
- 22. Practice Saying No** - Don't say yes to things you don't want to do. Staying at home instead of going to an event you don't care for is a great decision.
- 23. Detox Your Social Media** - Are the accounts you are following on social media positive, or are they toxic for your mental health? Unfollow and unsubscribe from what does not benefit you.
- 24. Buy Yourself Flowers** - You don't need a special occasion to improve your mood with this method.
- 25. Do a Guided Meditation** - Shift your energy in just 5-10 minutes.

Tips to Reduce Anxiety

Take a Time Out

Practice yoga, listen to music, mediate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

Eat Well Balanced Meals

Don't skip meals and be sure to include healthy, energy-boosting foods such as eggs or nuts.

Get Enough Sleep

When you are stressed, your body needs additional sleep and rest. Be sure to get 7-9 hours of sleep each night.

Exercise Daily

Exercising helps you feel good and maintains your health. Aim to work out for 30 minutes 3-5 days a week. Try to be consistent with your workouts. Recruit a friend to join you and look for various, fun ways to exercise.

You Cannot Control Everything

Try putting your anxiety in perspective. Learn what triggers your stress and try journaling when you are anxious or stressed and look for a pattern.

Laughter

Laughing increases relaxation and can relax your muscles more than a 45 minute massage. Find things that make you laugh and do them. Hang out with people who make you laugh and get in the habit of laughing.



16 NATURAL WAYS TO CALM ANXIETY



Have fun with exercise



Get out and enjoy the great outdoors



Get your hands dirty in the garden



Cuddle with someone you love



Meditate



Practice yoga or tai chi



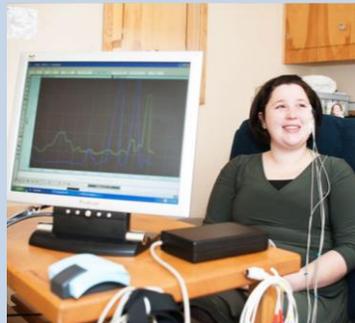
Try acupuncture



Experiment with aromatherapy



Get a massage



Learn bio-feedback



Get a good night's sleep



Limit alcohol



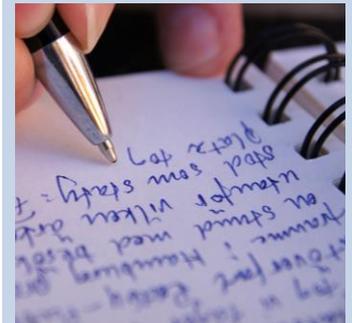
Limit caffeine



Eat a healthy diet



Set priorities



Keep a journal