

5

Easy Stress Relievers

1. A warm scented bath

- Yes, you can find 30 minutes for a bath. Prepare in advance some nice scented oil and be ready when the moment arrives. You can find someone to handle things for ½ hour. Slip yourself into the warm water, close your eyes and breathe in the fragrance and just soak.

2. A 30 minute walk

- It takes only 30 minutes of actual physical activity to reset your stress level downward. Make yourself take a walk. You do not have to power walk or jog – just a nice pace. Make this a daily habit.

3. A self massage (clench and relax)

For each muscle group:

- Breathe in and tense the muscle group for 4 to 10 seconds. tense hard, Then breathe out while you suddenly relax the muscle group. Don't relax it gradually.
- Rest for 10 to 20 seconds.

(example) Hands and Arms

- Hands: Make a tight fist.
- Wrists and forearms: tense them and bend your hands back at the wrist.
- Biceps and upper arms: make your hands into fists, bend at the elbows, and tense your biceps.
- Shoulders: Shrug them, hold them up then suddenly release.

4. A 30 minute comedy break

- Laughter results in a lowering of blood pressure, an increase in blood flow, the release of endorphins and a host of other good physical responses. The emotional benefits are significant as well. Caregivers usually need something to laugh about and one of the easiest ways is to have a selection of good old TV comedy shows on DVD. I love Lucy, Laurel and Hardy, Laugh in - anything that makes you laugh. Find a 30 minute window, sit down, put on the DVD and immerse yourself in banal laughter.

5. A 4 S moment

- Fred Newton, professor and director of counseling services at Kansas State University recommends this technique The Four S's: First, smile and make your eyes sparkle. Then, take a deep breath. As you let it out, let your jaw hang slack, shoulders sag, and forehead smooth out. Do this again. ***The Four S's are smile, slack, sag, smooth.***

NOTE – *the suggestion provided here are for educational purposes only and do not constitute medical advice. Always check with your own health professional.*