

Managing Your Stress



ACTIVE ADVENTURES
BE FIT TOGETHER

HEALTH BREAK

STRESS: noun

A condition that is often characterized by symptoms of physical, emotional, or mental tension.

IDEAS TO HELP MANAGE STRESS

SELF-CARE

- Take a walk.
- Spend time on yourself – take a long bath or shower.
- Listen to music.
- Work in the yard or garden.
- Work on your favorite hobby or start a new one.
- Jog, dance, or participate in some other physical activity.



RELAXATION

Deep Breathing

1. Sit or lie comfortably in a relaxed position. As you slowly breathe in, let your stomach expand. Think of it as a balloon filling with air.
2. As you exhale, let the air out of your “balloon” slowly. Place your hands on your stomach. You should feel it rise and fall as you breathe.
3. Slow down your breathing rate by seeing how few times you can breathe each 60 seconds. When you begin to get tense, take a few minutes and simply slow your breathing down to about three to six breaths per minute.

Massage

1. Massage the back of your neck, concentrating on the part that feels tense.
2. Cup your thumbs at the front of your neck and massage on both sides of your spinal column, letting your head fall limply back against your rotating fingers.
3. Use your fingers to massage around your hairline and under your jaws and your cheekbones.

Mental Vacation

Enjoy the pleasures of a vacation through your imagination.

1. First, close your eyes and think of some place where you would like to be.
2. Then go there in your mind's eye. You may go alone or you might imagine being with someone. You may be quietly watching the sunset, mountain, woods, or an ocean. Or you may be active in hunting shells or rocks, hiking, playing some sport or game, climbing a mountain, or cycling.

Enjoy the experience

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SOURCES / ADDITIONAL READING



CDC - NIOSH Training for Nurses Shift Work and Long Work Hours.