



EVERY DAY

STRESS RELIEVERS

Exercise Your Mind: Experts say you can head off stress by consciously distracting yourself from your troubles. Try one of these mental calisthenics from the book “60 Ways to Relieve Stress in 60 Seconds.”

- Without using your thumb, pick up a pen with your non-dominant hand and try to write your name.
- Try to stand a coin on edge.
- Imagine you inherited \$10 million. What is the first thing you would do with your new found money?
- Name as many professional teams as you can in a certain sport.
- Make a list of 5 great movies or books.
- Close you eyes and visualize your greatest achievement.
- Name as many presidents as you can in 1 minute.
- Crumple paper into a ball and play hoops using your wastebasket.

Companionship: Share your cares. Find a friendly shoulder or go someplace where everyone knows your name.

Exercise Your Body: Walk away from your worries. Try walking the dog, cooking, house cleaning, or gardening.

Private Time: Indulge in recess for your soul. Knit a sweater not your brows. Read a book, listen to music, or contemplate nature.

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

-- James Dent, U.S. Humorist