



# *STRESS* in its tracks



# TOP 10 STRESS RELIEVERS

- 1 Count to 10 before you speak or react.
- 2 Take a few slow, deep breaths until you feel your body un-clench a bit.
- 3 Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
- 4 Try a quick meditation or prayer to get some perspective.
- 5 Sleep on it and respond tomorrow.
- 6 Walk away from the situation for a while, and handle it later once things have calmed down.
- 7 Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
- 8 Turn on some relaxing music or an inspirational podcast.
- 9 Take a break to pet the dog, hug a loved one or do something to help someone else.
- 10 Exercise. Work out or do something active.

Source: American Heart Association

