



Strategies



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Management

7 Strategies for Better Managing and Reducing Everyday Stress



Drink plenty of water

Drink 8 8-ounce glasses of water a day. Your body's trillions of cells require water to help flush out the toxins that build up in your body every single day. Don't skimp on water, and avoid soft drinks, juices, and drinks high in sugar content.

Eat whole foods

Instead of highly processed foods that are high in GMO's, corn syrup, salt, fructose, sugar, and other artificial flavorings and colors.



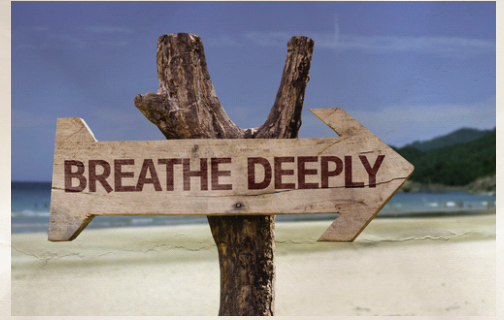
Sleep

6 ½-8 hours every night. Your body needs restful sleep in order to replenish the necessary hormones that lend themselves to optimum health. Consider creating a bedtime ritual if you need to force yourself to relax in order to be ready for rest.



Breathe

When stressed, we tend to forget to breathe. Remind yourself a few times a day that you should be taking deep, cleansing breaths. Breathe deeply through your nose and into the diaphragm and breathe out through your mouth. Do this 6-10 times a day.



Exercise

Your body was made to move. Walk, swim, go to the gym. But do something to get 30 minutes of vigorous exercise several times a week, and don't forget to use weights as well. As we age, we tend to lose muscle tone.

Meditate or pray...or both

Research is demonstrating the importance of meditation in our lives. Take time to get reconnected with your higher power or your source of inspiration every day. Use guided meditations if you need them to help you get started.



Have fun

Don't forget to take time for yourself. You need to relax and strive for a semblance of balance between work and fun. Remember the old adage about "all work and no play." Schedule time for things you enjoy...going to the movies, meeting a friend for lunch, buying yourself flowers or taking a long weekend...whatever works for you to help you relax. Life was meant to be enjoyed. So have fun!