

# Top Five Stress Reducing Activities

Care giving can be stressful, and it is so easy to get burned out. If you are overstressed and not taking proper care of yourself, it is hard to take proper care of someone else. You need to reduce stress.

Here are five stress reducing activities to help you be your best:

## Exercise

- ◆ Keeping fit and healthy has multiple advantages. Not only are you healthier overall, but you have more energy to complete the tasks before you. Getting regular exercise is a great way to combat fatigue, and is also a great outlet for releasing frustration.
- ◆ **Stretching** alone is a great stress relieving activity. When you stretch, you are helping to release tension and giving yourself a chance to breathe and unwind.
- ◆ **Yoga** is an excellent low impact exercise that can be done at any level of expertise. Yoga combines deep breathing exercises and methodical movements to improve balance and help tone the mind and body.

## Meditation

- ◆ Meditation can mean a lot of things. For some, it is simply closing your eyes and breathing deep for a few moments. For others, it can be something much deeper, focusing your mind and body to a point of tranquility. Prayer is often thought of as a type of meditation as well. Whatever works for you to help center yourself and release some of your burden.

Clinic Stamp

## Take a Break

- ◆ When you've reached your peak and are overstressed and burned out, it is a good idea to take a break. This could mean a short break or a long one, depending on what you are willing and able to do for yourself.
- ◆ **Walk it Off:** Go for a short walk around the block. Even five minutes can do wonders.
- ◆ **Spa Yourself:** Draw a hot bath and light an aromatherapy candle. Sit back and let yourself release the stress of the day. You would be amazed at the wonders a relaxing bath can do.
- ◆ If you are able, take a spa day and get a massage. Or treat yourself to a pedicure on an afternoon off. Any little thing to treat yourself and relax a little, to show yourself that you are worth a little extra time too.

## Laugh it Off

- ◆ Laughter, they say, is the best medicine. This is because laughing releases endorphins. So do something silly, listen to a comedy routine while you are working, or turn up some music and dance around. Anything to put a smile on your face and shake off the extra stress.

## Listen to Music

- ◆ Music has a way of soothing a broken heart, making you smile when you're upset, or relaxing the tension out of a stressful situation. Putting some music on in the background even while you work can cheer up the dullest day. Whatever music you like best, whether classical or country, pop or rock, turn it on and see what wonders it can do for your mood and stress levels.

When you are overstressed and overworked, you need to take care of you before you can take care of others. Follow these tips for stress relieving activities and see how much better you feel.