

DIVE IN FOR WELLNESS

BLMS Wellness Gram



Stress Busters!

- Work off the stress! Exercise is a stress reducer!
- Be Realistic! If there is nothing that you can change or control in the situation, then let it go.
- Give yourself a break every day - if only for a few moments!
- If you have the "Mindless Munches", ask yourself why? If the answer does not serve your mind, body or spirit, then try a distraction like taking a walk or calling a friend, etc.
- Make sure to delegate a day of rest before the holidays begin.
- Don't sweat the small stuff! Try to prioritize a few truly important things and let the rest go.
- Change the way you react! Focus on one troublesome thing and manage your reaction to it/him/her!
- Cleanse your mind! Meditation and breathing exercises are very effective ways to control stress. Practice clearing your mind of disturbing thoughts.
- For every negative thought, purposefully substitute a positive one!
- Remember that stress is a reaction to events/problems and you can lock yourself into one way of viewing the situation. Seek an outside perspective!
- Doing something for others is a great way to get your mind off of stressors and it may give you a different perspective on things.
- Get enough rest! Lack of sleep only aggravates stress.
- Avoid circuit overload! Reduce the number of events going on in your life.
- Be positive! Putting positive spins on stress/stressors can make you and those around you happier. Spread some cheer!

