

# 1

## Meditate

A few minutes per day can help ease anxiety. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting—out loud or silently—a positive mantra such as “I feel at peace.”

# 2

## Breathe Deeply

Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth.

# 3

## Be Present

When you focus on the moment and your senses, you should feel less tense. Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground.

# 4

## Reach Out

Talk to others—preferably face to face, or at least on the phone. You can get a fresh perspective while keeping your connection strong.

# 5

## Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels.

# 6

## Decompress

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

# 7

## Laugh Out Loud

A good belly laugh doesn’t just lighten the load mentally. It lowers cortisol, your body’s stress hormone, and boosts brain chemicals called endorphins, which help your mood. Tune in to your favorite sitcom or chat with someone who makes you smile.

# 8

## Crank Up the Tunes

Listening to soothing music can lower blood pressure, heart rate and anxiety. You also can blow off steam by rocking out to upbeat tunes or singing at the top of your lungs!

# 9

## Get Moving

You don’t have to run to get a runner’s high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress.

# 10

## Be Grateful

Keep a gratitude journal to help you remember your good experiences and successes. When you feel stressed, look through your notes to remind yourself what really matters.

## Feeling Stressed?

Contact [GuidanceResources.com](http://GuidanceResources.com)\*

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# Ten

Practical Tips to Reduce Stress