

How to: Destress Your Life



1. Breathe

You cannot survive without breathing!!!

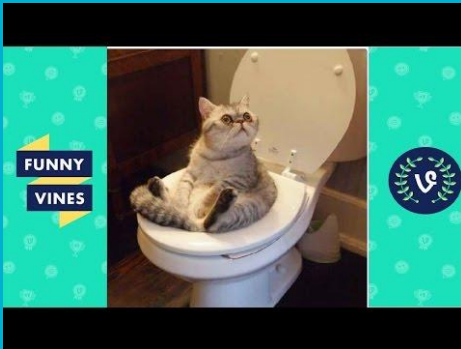
- Take a moment and step back from your life. Take a deep breath.
- Clear your mind and do not focus on anything except your breathing.

~Slows heart rate and lowers blood pressure~

2. Laugh!!

Laughing is one of the surest ways to decrease stress. When you laugh, endorphins are released, which can lift your mood.

- Watch funny videos (Vine Compilations, AFV, or funny cat videos work great)
- Watch a funny show (The Office, Parks and Rec, much more!)
- Talk to a funny friend, tell jokes, LAUGH!



3. Crank Up the Tunes

Listening to music is another great stress reliever.

It can lower blood pressure, heart rate, and anxiety!

Find online playlists made for boosting moods, relieving stress, or even for doing homework.

4. Get MOoooooving!

Run! Skip! Dance! Walk! Play a sport!



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.

BONUS!! Do it with a friend to make it even more fun!!

5. Get it down !

Keeping a journal and getting all of your feelings, stress, anxiety, worries, and panic down on paper and out of your head is very helpful!

- Write about things that make you happy
- Make lists
- Draw

6. Eat!!!!!!.....SMART

Not just junk food.....

POWER SNACKS!

- Peanuts
- Cheese Sticks
- Apples
- Almonds
- Maybe a LITTLE chocolate



7. Once a day, Get away!!

If you are having an especially stressful week... get away from it!

Put your phone down.

Go somewhere new where you can focus on your surroundings and be calm.

(Attic, hiking trail, read a book, drink tea)

Ask around...

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What do YOU do to destress?