

BREATHE.

Life can be tough sometimes but it's helpful to remember that situations and emotions are always changing. When it's hard, make space to honour your feelings and to take care of yourself in a way that works for you.

5 Ways to keep your stress levels within your control that are **free** and **easy**.

1 Use these quick stress busters throughout the day.

Relax Your Shoulders

- Make small circles with your shoulders.
- Lower your shoulders and let the tension go.

Take a Deep Breath

- Take a slow deep breath in through your nose.
- As you sigh the air out through your mouth, tell yourself, "**Let that tension go**".

Make Your Thoughts Positive

- Mentally say "**Stop**" to stop the chain of negative thoughts.
- Think of something positive or at least neutral. For example, count to 10.

2 Let yourself feel your emotions and vent them.

Let your feeling out in a positive way before they build up and cause health problems. You can put away your device, close your laptop... and vent — scream without making a sound, sing, walk, exercise, yell, cry, pound a pillow, cuddle a pet... find something that helps you unwind.

3 Pamper yourself for free.

Find a way to feel good without spending a cent. Massage your tense areas, relax in the bath or shower, take a nap, enjoy your favourite treat, listen to music or read, get outside and enjoy nature, cuddle a pet...

4 Take a mindful minute.

Sit still and close your eyes. Imagine a beautiful, relaxing place with all its sounds and smells. Then picture yourself stepping into that place and let yourself escape.

5 Focus on positives and your strengths to stay hopeful.

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Disclaimer: This is not medical advice. Consult a health care professional if you are concerned about your signs of chronic stress or other symptoms.