

# *Tame The Stress !*

## *Discover Tools to Help You Manage Your Stress!*



### *Tools For Managing Your Stress*

Finding the best techniques for you and fitting them into your daily schedule can help improve your mental, emotional, and psychological health.

Here are some tools for fast and long-term stress relief:

#### **Fast Acting Stress Relief Strategies:**

- ❖ Guided Imagery
- ❖ Meditation
- ❖ Progressive Muscle Relaxation
- ❖ Deep Breathing
- ❖ Take a Walk
- ❖ Get a Hug from a Loved One
- ❖ Enjoy Aromatherapy
- ❖ Create Artwork

#### **Long Term Stress Relief Strategies:**

- ❖ Eat a Balance Diet
- ❖ Make Time for Leisure Activities
- ❖ Develop a Positive Self Talk Habit
- ❖ Practice Yoga
- ❖ Express Gratitude
- ❖ Prioritize Exercise.

[www.verywellmind.com/stress-management](http://www.verywellmind.com/stress-management)

Remember, take time to deep breath and smile. 😊

### *Some Stress Needs Further Attention*

- Stress is your body's response to changes in your life. Stress can be effectively managed in many different ways. The best stress management plans usually include a mix of stress relievers that address stress physically and psychologically and help to develop resilience and coping skills.
- Some techniques are less convenient to use when you are in the middle of a stressful situation. But if you practice them regularly, they can help you manage stress in general by being less reactive to it and more able to reverse your stress response quickly and easily.
- Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life.
- Communication skills and other lifestyle skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."

[Chronic Stress: Definition, Symptoms, Traits, Causes, Treatment \(verywellmind.com\)](http://www.verywellmind.com)

### *New Group Visits*

- **Tuesday, March 7<sup>th</sup>**, at 10am  
Topic: **All About Salt**
- **Tuesday, March 14<sup>th</sup>**, at 10am  
Topic: **Social Connection**
- **Tuesday, March 21<sup>st</sup>**, at 10am  
Topic: **Stress Management**
- **Tuesday, March 28<sup>th</sup>** at 10am  
Topic: **How to Fit Exercise into Your Daily Routine**
  
- **Thursday, March 2<sup>nd</sup>** at 5:30pm  
Topic: **Informational Session – What is Best Life First Choice**
- **Thursday, March 30<sup>th</sup>** at 5:30pm  
Topic: **All About Salt**

### *Lifestyle Events Around*

- Free Open Paint Session  
Wednesdays 6-8pm  
Off Center Community Arts Project  
808 Park Ave SW  
<https://www.offcenterarts.org>
- Free Latin Dance  
Saturdays 5-9pm at Nativo Lodge  
6000 Pan American Frwy NE  
[Info.@bodysemtion.com](mailto:Info.@bodysemtion.com)
- Free Saturday Movement Classes with Breana  
March 4th, 11am- 12noon  
Off Center Community Arts Project  
808 Park Ave SW  
<https://www.offcenterarts.org>

### *Have Questions?*

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