



# Tips for Putting Mind over Matter

We can't eliminate stress, but we can learn to manage it by building stress busters into our schedule. The trick is to incorporate stress-reducing activities, like the ones below into your day. Try checking off how many you've done today, and see if you can increase how many you check off tomorrow.

- ☐ Do your best and then let it go.
- ☐ Don't eat at your desk or in front of a pile of bills.
- ☐ Get enough sleep by cutting down on time killers, such as mindless web surfing and TV watching.
- ☐ Get rid of excess clutter and build more space and simplicity into your life.
- ☐ Give up people-pleasing habits.
- ☐ Make time to socialize with people you like and who energize you.
- ☐ Meditate: This is like turning off the spigot on stress hormones.
- ☐ Pace yourself. You can't do everything at once.
- ☐ Practice muscle relaxation.
- ☐ To avoid constant anxiety, set aside a scheduled time to worry.
- ☐ Start moving: Find a physical activity you like or can at least tolerate – dancing, cycling, stretching, walking, etc. – and do it for at least 30 minutes a day.
- ☐ Spend time doing a hobby, such as crafting or gardening, to divert your mind.
- ☐ Take slow deep breaths when you wake up and before bed.
- ☐ Treat yourself like your own best friend.
- ☐ Use caffeine and alcohol in moderation.

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**Always talk with your doctor before making any changes to your exercise or diet.**

Source: Beacon Health Options

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