



Stress Reduction

Stress is a different experience for each of us and can have both mental and physical affects. Here are some tips to consider when trying to manage your stress:



Relaxation

Relaxation means allowing physical and/or mental tension to be released. Tension is the body's natural response to a real or imagined threat, and is part of the body's survival mechanism. This response can be a very useful, but a lot of the time we don't need this tension, in those situations it's okay to let go of tension. You can do this by learning some of the relaxation skills listed here. Healthy living is a matter of balance, and relaxation is part of the balancing process. Learning to relax takes practice, as with learning any new skill.

Tips on ways to relax and manage stress:

- Breathing exercises
- Mindfulness/Meditation/Visualization
- Prayer/Faith
- Hobbies
- Exercise
- Communication with family/friends
- Journaling
- Laugh
- Healthy eating
- Regular medical check-ups
- Professional counseling

How Relaxation Helps your Mind and Body:

- Reduces tiredness
- Improves performance
- Reduces pain
- Helps cope with stress
- Improves sleep
- Increases self-confidence
- Builds personal relationships

Stress Reduction Continued

Resources

- Connections – (970) 221-5551
- Biofeedback Therapy – Jen Strating – Fort Collins Biofeedback - (970) 221-1106

Apps to try:

- Simply Being – meditation app
- Anti-Stress Quotes