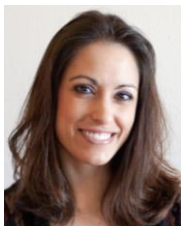


Be. Live. Stay. Well...



Managing Stress

Top 10 tips for keeping balance in your life



- 1. Meditate.** The art of meditation brings about a calming sensation by allowing you to clear your mind and focus on your breathing. This is not time to “think”; it’s time to “be”. Plan time throughout your day to meditate – 5 minutes is all it will take to help you find your center.
- 2. Compose a personal affirmation.** Rocky had his fight song, what’s yours? Find a positive saying or phrase and post it in a high profile place. Keep a copy in your car and on your phone and refer to it throughout the day.
- 3. Plan some “you” time.** Schedule time each week for alone time. Read a book, take a bath, go for a stroll, nap, paint, etc. Whatever activity you enjoy and find fulfilling, allow yourself time to enjoy it.
- 4. Prioritize sleep & exercise.** Sleep is equally as important as healthy eating and exercise. Aim for at least 7-9 hours each night. Just as we do with children, create a calming bedtime ritual that is “electronic free” (electronics can stimulate the brain and lead to restless sleep).
- 5. Take time to process.** Often stress is brought on by sudden changes or unexpected events. When this happens, pause, reflect, then react. In other words, process the situation and move forward after accepting what you’re facing.
- 6. Reinvent your workspace.** A quiet, calming atmosphere will do wonders for stress. Add softer lighting (avoid fluorescents), play calming music and make your workspace ergonomically sound.
- 7. Create a vision board.** A vision board is simply this – a collage of motivating images, phrases, and items. Take a quick look at Pinterest for some inspiring ideas.
- 8. Yoga. Yoga. Yoga.** Seriously – even a 30-minute routine can and will relieve stress.
- 9. Diffuse calming scents.** Put a diffuser to work. Try lavender, vanilla, jasmine or peppermint for a boost in mood.
- 10. Count to 10, 20, 30...whatever it takes!** Enough said.

Dr. Erin Nitschke, NSCA-CPT, ACE Health Coach & Fitness Nutrition Specialist