



## HOW DO I DE-STRESS MY LIFE?

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Learning how to handle stressors in life is the hot-topic of our decade. We are all living a much faster-paced life now than ever before in history. And, we are paying for it with our health. We thought you might be interested in some tips on how to de-stress life a bit. Hope these help!

Evaluate your diet and set up a well-balanced nutritional plan for yourself. Work with your alternative care provider to come up with a personalized plan.

Be sure to set up, and stick to, a program of supplementing your diet with vitamins, minerals and herbs.

Get regular exercise. Moving the body can clear your mind and help keep stress under control. There's nothing better than getting in the fresh air and enjoying the beauty of the day by taking a brisk walk around the block

Learn to relax. Relaxation is often the most difficult thing to do for people suffering from the effects of stress, but it is absolutely necessary.

There is a technique called progressive relaxation that can be helpful. This is a process of tightening and relaxing the major muscle groups one at a time. Start at your feet and work up to your head. Tense the muscles for a count of ten,

concentrating on the tension, then let the muscles go lax and breathe deeply, enjoying the sensation of release.

Get a good night's sleep. This also can be difficult if you're stressed out. The less sleep you get, the more stress will affect you and the more your immune system will become weakened which increases your chances of getting sick.

Try meditation, or prayer, and quiet time. Setting aside a specific time each day to get quiet is extremely beneficial to your peace of mind.

Practice deep breathing and/or holding your breath. Inhale deeply with your mouth closed, hold your breath for a few seconds and then exhale slowly through your mouth. Do this four or five times, or until the tension passes. This is also a great way to get extra oxygen to the brain when you hit that 3:00 lull.

Monitor your internal conversations. What we say to ourselves has so much to do with how we feel about ourselves and our environment. Learn to take your negative thoughts captive and replace them with thoughts of love, joy and peace.

Take a "stress-inventory" periodically to help you understand what is causing you problems. You may want to work with a counselor on learning how to handle these situations.

Take a day off. Don't work all the time. Learn to "smell the roses". Remember, time is short. Ask yourself if what you are stressed about is really worth what it is costing you....your health!