



Rose Coaching

<http://www.RoseCoaching.info>

LauraRose@RoseCoaching.info

Copyright 2009 Rose Coaching

Eight Ways to Reduce Stress

Exercise: even if you go for a walk for 15-25 minutes four days a week it will help your body to get rid of adrenaline and produce endorphins (a natural tranquilizer). Not to mention you will not only feel better, you will also look the part.

Yoga/Meditation: Many ramble that practicing yoga or meditating is the best way to manage or release stress. It focuses on breathing techniques, exercises, connecting with the universe on a spiritual and mental level. If this option seems interesting to you I suggest you do some research in order to learn the principles and decide if it is for you.

Stretch: People often stretch before and after a workout. However, learning stretching and flexing exercises to use as a way to relieve tension on many different areas of the body can help a great deal. Stretch at your desk, in a line, in your car at a traffic light. Just stretch.

Shrug. Shrugging it off is a great stress release. In the big picture of things, this particular item of focus isn't going to matter very much. Focus more on where you are going and shrug this particular item off. It's just a slight speed bump in your entire journey. Besides, a big shrug is a great shoulder stretch (see above note).

Massage: We all know how massages can help us relax and release tension. Prices start around \$40 for 30 minutes; it all depends on what extra relaxation techniques you would like to add to the massage such as aromatherapy, oils, etc. But – giving massages also work. Offer your spouse or friend a back, neck or shoulder massage to help them unwind. Focusing on someone else's relaxation also helps us to defrag. The advantage is that they may turn around and offer a massage the next day!

Warm showers and baths: Pamper yourself a little with a warm shower or bath. Lotion up with some bubbly soaps, etc. Think of other relaxing activities with candles and music.

Laugh it off: Rent a funny movie and laugh out loud. Go out with friends or host gatherings. Tell everyone to bring a platter. Remember the key is to release tension not, add to it. Use paper plates and plastic cups to reduce the amount of work.

Take a break- Take time to relax, sleep, and maybe even take a vacation if you can. Your body does not only need it; you deserve it.

