

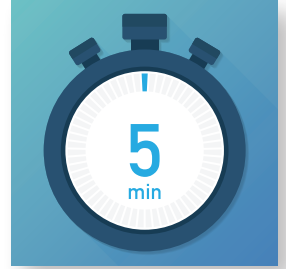


# WELLNESS ACTIVITY

## Ease tension with these Five-Minute Stress Relievers

This month, make it a point to spend some time each day winding down. Taking time to focus on releasing tension is worth it, as stress takes a toll on your body. It not only makes you irritable and angry, it can lead to sadness and depression and contribute to headaches, high blood pressure, and heart disease.

We've provided daily stress relieving ideas that only take a few minutes to practice. Enjoy making these part of your day and experiencing the health benefits they can bring.



### Five-Minute Stress Relievers

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Read a good book.	Take a walk.	Do a deep breathing exercise (one idea is below).	Take a walk or do a dance.	Listen to uplifting music.	Take a walk and think about things you are grateful for.	Listen to a funny podcast.
Week 2	Call a friend for a brief chat.	Listen to uplifting music.	Take a walk.	Watch a funny cat video.	Take a walk or do a dance.	Do a deep breathing exercise (one idea is below).	Listen to an online meditation.
Week 3	Read a good book.	Take a walk.	Try a deep breathing exercise (one idea is below).	Take a walk or do a dance.	Listen to an online meditation.	Take a walk and think about things you are grateful for.	Listen to a funny podcast.
Week 4	Call a friend for a brief chat.	Do a deep breathing exercise (one idea is below).	Take a walk.	Watch a funny dog video.	Take a walk or do a dance.	Listen to uplifting music.	Try an online exercise class.



### Deep breathing

Try this exercise to reduce tension and lower your stress level:

- Place one hand on your belly. It should be just below your ribs.
- Place the other hand on your chest.
- Slowly take a deep breath in through your nose. Let your belly push your hand out. The hand on your chest should be still.
- Slowly breathe out through your lips. The hand on your belly should go in.
- Repeat 3-10 times. ♦