

# STRESS RELIEF TIPS

## Stress Relief at Home

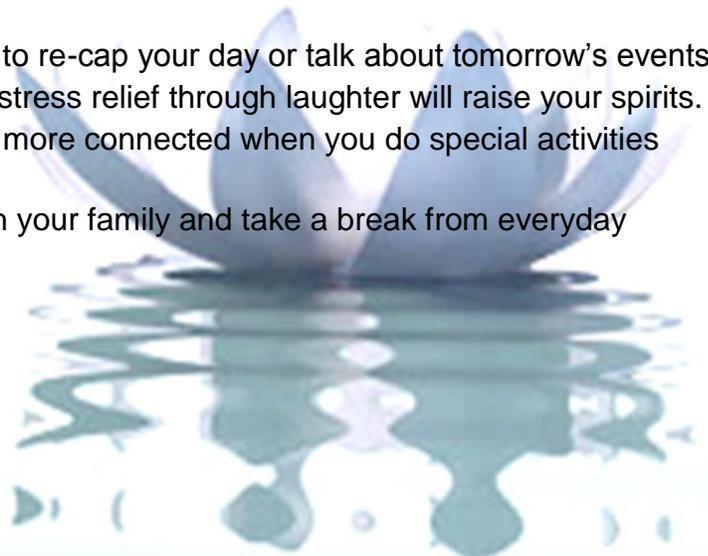
- Set aside a regular time to relax. Home is a place for rest and rejuvenation and you should give yourself time for it.
- Relax! Lie down, close your eyes, and concentrate on your breathing. Stay like this for 5-10 minutes. Visualize a peaceful place like a park, a beach or a quiet building.
- Try to avoid spending the evening in front of the TV. Maybe you could revive an old hobby, or take up a new one.
- Have a laugh watching a funny movie, or with your family and friends. Laughter is a great stress reliever.
- Cut yourself some slack! There's no reason to think you need a showcase home. Chores can wait.
- Try going to bed half an hour earlier to see if more sleep makes a difference on how you perceive things.
- Treat yourself to a long soak in the tub with gentle candlelight, relaxing music, and lots of bubbles.
- Go for a leisure walk or light gardening to help you redirect your thoughts.
- Spend time with your pet. Stroking a pet has been shown to lower blood pressure and the companionship and unconditional love can lead to better mental health for owners.

## Stress Relief at Work

- If the task that you're currently working on is stressing you out, switch to another task for a while. Doing something else will give you a break and you can come back to it later feeling fresher.
- After you've completed a project, step outside for some fresh air to rejuvenate before the next task.
- Schedule your daily duties to keep you on task & to deal with unexpected things that come up.
- Take a moment to breathe slowly and deeply. Fill your lungs then exhale completely. A few of these will make you calmer.
- Massage your forehead and temples by using your fingertips to apply light pressure and make small circles.
- Find yourself a quiet spot and spend a few moments stretching out your arms, legs, and back. Relax and shake out your arms and legs when you're finished.
- Make a relaxing cup of herbal tea. Chamomile is especially good for frazzled nerves.
- Plan something rewarding for the end of the day. Knowing that you've got something to look forward to can make a big difference.

## Stress Relief for the Family

- Plan ahead by getting up 5-10 minutes earlier than normal so you are not rushing to get to your destination.
- Share a favorite evening snack using this time to re-cap your day or talk about tomorrow's events.
- Make it a family comedy movie night. Finding stress relief through laughter will raise your spirits.
- Schedule a game night without TV. You'll feel more connected when you do special activities without distractions.
- Take a small trip some place quiet to bond with your family and take a break from everyday routines.



## Negative Stress Coping

- Alcohol:** Drink to change your mood.  
Use alcohol as your friend.
- Denial:** Pretend that nothing is wrong.  
Lie. Ignore the problem.
- Drugs:** Abuse coffee / aspirin / medications.  
Smoke pot. Pop pills.
- Eating:** Keep bingeing. Go on a diet.  
Use food to console you.
- Fault-finding:** Have a judgmental attitude.  
Complain. Criticize.
- Illness:** Develop headaches / nervous  
stomach / major illness.  
Become accident prone.
- Indulging:** Stay up late. Sleep in.  
Buy on impulse. Waste time.
- Passivity:** Hope it gets better. Procrastinate.  
Wait for a lucky break.
- Revenge:** Get even. Be sarcastic. Talk mean.
- Stubbornness:** Be rigid. Demand your way.  
Refuse to be wrong.
- Tantrums:** Yell. Mope. Pout. Swear.  
Drive recklessly.
- Tobacco:** Smoke to relieve tension.  
Smoke to be "in".
- Withdrawal:** Avoid the situation. Skip school or  
work. Keep your feelings to  
yourself.
- Worrying:** Fret over things. Imagine the worst.

From the PILEUP card game, 1982 Aid Association  
for Lutherans and 1984 Whole Person Press. Vol. II p. 57



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## Relaxation Techniques

- Give yourself permission to relax  
10-15 minutes a day
- Visualization:** Picture a quiet, calm place  
(mountains, river, the ocean,  
etc.)
- Set the Mood:** Use candles, music, pictures,  
or plants
- Breathing Techniques:** Long deep breaths. (Breathe in  
good air through nose and bad  
air out through mouth).
- Hot packs:** Wet small towels, place in  
microwave 1-2 minutes, put  
towels on neck and shoulders.
- Hot baths:** 1 cup of apple cider vinegar to a  
bath or 1 cup of sea salt & 1 cup  
of baking soda.
- Music:** Soft music soothes the soul.
- Exercise:** Endorphins released create a  
good mood. (walking, dancing,  
bicycling, swimming, etc.).
- Stretching:** Increases flexibility, (yoga,  
calisthenics, back stretches).
- Massages:** Therapeutic massages

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