

Relaxation Techniques and Ways to Handle Too Much Stress

- ♥ Take deep breathes /Practice deep breathing exercises
- ♥ Watch your thoughts/think positive
- ♥ Find time to relax-and cool out
- ♥ Pray or read something inspirational
- ♥ Visualize what you want to happen
- ♥ Use pressure points to reduce headaches
- ♥ Talk problems over with friends or a counselor
- ♥ Don't dwell on your weaknesses
- ♥ Feel proud of your accomplishments
- ♥ Exercise daily
- ♥ Do muscle tension relaxation techniques
- ♥ Punch a pillow, scream, or kick a can
- ♥ Prepare for tests early
- ♥ Eat a nutritious meal or snack
- ♥ Take/one thing at a time
- ♥ Set realistic goals
- ♥ Stop worrying about things that may never happen
- ♥ Forgive yourself and others
- ♥ Get involved with things you like to do
- ♥ Make time for fun
- ♥ Do something for others
- ♥ Spend an hour listening to your favorite kind of music- with no other distractions
- ♥ Expose yourself to different smells and notice how they effect your mood
- ♥ Have you ever danced alone in your living room when nobody else is around?
- ♥ Give a close friend or your partner a massage, and then take your turn.



- ♥ Take a half-hour walk outside- breathe fully, move your body with conviction, and think about little else.
- ♥ Gardening is one of life's pleasures -immerse yourself in growth and beauty.
- ♥ Eat a scrumptious meal from time to time
- ♥ Plan a day just to indulge yourself in whatever you want to do
- ♥ Laugh whenever you can and surround yourself with people who like to laugh
- ♥ When you need a good cry, indulge in one- this is one of life's greatest pleasures
- ♥ Take a sauna or steam bath (if your blood pressure is normal)
- ♥ Go out into nature and spend some time alone. Treat yourself to a view of water, mountains or natural vegetation
- ♥ Spend a couple of hour's playing cards or board games with a close friend
- ♥ On a stressed out day, take a half-hour nap
- ♥ Buy or pick a bouquet of flowers and put them in a prominent place in your living area
- ♥ Learn a craft - pottery, painting, furniture refinishing, sculpture, holiday gifts, etc...
- ♥ Go to a movie, play, or concert
- ♥ Do some volunteer work in the community
- ♥ Learn from the masters- children and pets. Play with a child or an animal...on their level, not yours.

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