Tips for leading a less stressful life

- Healthy lifestyle choices
- Regular exercise
- Healthy diet
- Reduced caffeine and sugar
- Avoid alcohol, cigarettes, drugs
- Get enough sleep
- Mind-Body: Powerful impact health / diseases

Helpful Links & Resources

- 5 minute diaphragmatic breathing podcast (http://healthysteps.umwblogs.org/files/2012/08/Deep-Breathing.mp3)
- 5 minute breathing meditation podcast (http://marc.ucla.edu/body.cfm?id=22)
- Meditation / Guided Imagery / PMR
- Overview general meditation and stress relaxation responses and links
- http://altmedicine.about.com/od/optimumhealthessentials/ss/Belly_Breathing_5.htm
- Guided body scan meditation (http://www.youtube.com/watch?v=obYJRmgrqOU)
- MBSR: Samueli Center
- Biofeedback
- Yoga / Tai Chi
4 As of stress management

- **Avoid**
  - Learn to say “no”
  - Avoid stressing people
  - Take control
  - Avoid controversy
  - Decrease to-do list
- **Alter**
  - Communicate feelings
  - Compromise
  - Be more assertive
  - Manage time
- **Adapt**
  - Reframe problems
  - Look at big picture
  - Adjust standards
  - Focus on positive
- **Accept**
  - Don’t control the uncontrollable
  - Look for upside
  - Share your feelings
  - Forgive
  - Stress reduction techniques

Dealing with stress

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<thead>
<tr>
<th>Unhealthy</th>
<th>Healthy Alternatives</th>
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<td>Smoking</td>
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<td>Drinking too much</td>
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<td>Withdrawing from family</td>
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<td>Taking unnecessary pills</td>
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<td>Procrastinating</td>
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<td>Sleeping too much</td>
<td>Garden</td>
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<td>Taking it out on others (lashing out, physical violence, tantrums)</td>
<td>Read a good book</td>
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<pre><code>                                                             | Deep breathing *** Yoga                                    |
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Belly breathing exercise

- Sit comfortably or lie on your back
- Place one hand flat against the belly.
  - Thumb should be around your navel.
- Breathe in through your nose at an even rate.
- Allow your abdomen to expand as you inhale, rather than your upper chest.
  - Hand on your belly should be pushed away from your body.
- Now, breathe out slowly.
  - Hand on your belly should move towards your body
- Repeat this 3 more times. You can try this 2-3 times a day!