

# Stress Less

By: NaJa Bailey

## TRY AT HOME ACTIVITIES

Being able to focus on one task at a time, you are able to accomplish more throughout your day. Learning from the difficult times in your life is such a humbling experience. By trying to have a positive outlook on everyday situations that you are faced with, you should be able to relieve stress from your life. Taking time for yourself is very important when you are working on something nonstop. If not, you will exhaust all of your energy. Over thinking the little things in your life is unnecessary. Find the humor in stressful situations by not worrying about doing everything perfectly.

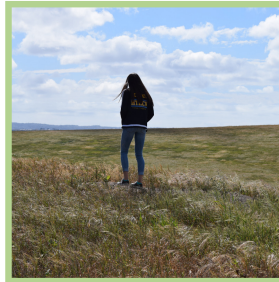


### Relax and Meditate



- Everyday relaxation activities can help relieve tension in your body. Doing deep muscle relaxation by tightening up and releasing different muscle groups in your body helps you focus on one task at a time.
- Deep breathing and mindfulness can help maintain a healthy mindset. Relaxation and meditation exercises are a way for you to deal with everyday challenges.

### Live In The Moment



- Focus on the now! Slow down and savor the present. Mindful people are more likely to be happy and have a higher self-esteem. Eliminating negative thinking from your life will leave you feeling better about decisions you have to make in the future.
- It is also important to take time for yourself to do simple activities that you enjoy every day. Time to yourself can make a huge difference in your health and happiness!

### Dismiss



- Dismiss the unnecessary commitments and energy drains that are not fulfilling your needs. Remember that less is more in the long run.
- Avoid difficult people that are making things more complex than it should be. Making small changes in your life like fixing bad habits can be very beneficial. Changing your environment can help change your perspective on the situation.