

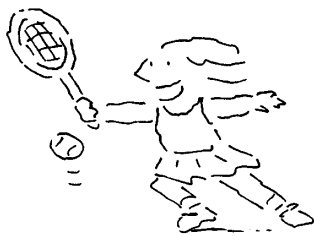


SENIOR HEALTH

Stress

15 WAYS TO RELAX

- 1** Exercise regularly. Aerobic activity is a natural stress reducer.



- 2** Practice relaxation techniques, such as deep breathing.

- 3** Know your limitations and set realistic goals.

- 4** Pamper yourself. Take a hot bath, get a massage or curl up with a good book.

- 5** Organize your life. Make a list of the things you need or want to do.

- 6** Delegate tasks and ask for help. Friends, family members and many local organizations can help ease the burden of daily life.

- 7** Make time for yourself every day to do what feels good to you.



- 8** Laughter is good medicine. Read a humorous book or see a funny movie.

- 9** Eliminate or change stressful activities.

- 10** Enjoy time with your favorite people.

- 11** Give yourself a pat on the back.

- 12** Avoid reliving your mistakes. Find out what you can learn from them and move on.

- 13** Eat a well-balanced diet, low in fat and calories and high in fiber. Avoid foods and beverages with high sugar, caffeine or alcohol. A poor diet can add to your stress level.



- 14** Talk to someone about your problems. Sometimes, discussing your difficulties, worries and concerns out loud can put them into perspective.

- 15** Be optimistic. It will help you handle the stress in your life.