

SUGGESTIONS FOR STRESS REDUCTION

As we discover effective stress reduction strategies, we automatically strengthen our inner resources at the same time.

The following list includes activities / resources we can engage in by ourselves, and others involving external resources:

- Meditation, prayer, visualisation, mindfulness
- Breathing exercises
- Relaxation exercises
- Music therapy
- Creative expression – art, poetry, journal writing
- Aromatherapy
- Time spent in nature
- A hobby where you lose track of time
- Low impact exercise – e.g. yoga, Tai Chi, walking, swimming
- Pet therapy
- Time spent with supportive friends & family
- Membership in groups meaningful to you
- Self-help courses, e.g. Boundaries, Assertiveness, Self-worth
- A trusted health practitioner
- Psychological support, e.g. counsellor, psychologist

Becoming aware of your major stressors gives you more control.

Develop effective ways to manage / reduce stressors.

If possible, avoid major stressors – environments, events, even people!

Create space in your daily life for positive experiences!!

Chinese proverb (author unknown):

*That the birds of worry and care fly above your head
This you cannot prevent.
That they build a nest in your hair,
This you can prevent.*