

# Health & Wellness Tip of the Week

Week 39  
September 25, 2017

## September is all about Stress Management

It is the perfect time to remind everyone about the importance of managing your stress and keeping it under control.



### Four Simply, Free ways to De-Stress in 5 Minutes or Less

*When you need to take a break from a hectic day, just stare out a window for a few minutes. Looking at nature scenes can be more relaxing than watching a TV or computer screen.*

**If you need a quick fix to take away physical and/or mental tension, try:**

- ✓ **Sunning yourself.** ON sunny days, find a window or head outside for a few minutes. The bright light and warmth may help to relax you.
- ✓ **Holding your thumbs.** Wrap your fingers completely around your thumb and squeeze your thumb. Repeat with your other hand. Hold this position for one minute. It may calm anxiety.
- ✓ **Daring to daydream.** Take a few minutes to let your imagination flow. Think of a place or experience that makes you feel happy or calm. Bring in all your senses. How does it smell? How does it feel? What do you see? Use a screensaver or picture that takes you to your happy place.
- ✓ **Simply smiling.** Not only may it help you to relax, but if you're around others, it may help them feel better too.

*Sources: Hope Health*

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