






October 31, 2014



Share the Wellness Tip

De-Stress In 5 Minutes Or Less

If you need a quick fix to take away physical and/or mental tension, try these four simple and free ways to de-stress in five minutes or less:

-  **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 to feel better, too.
-  **Look out a window.** 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.

Source: Hope Health

