

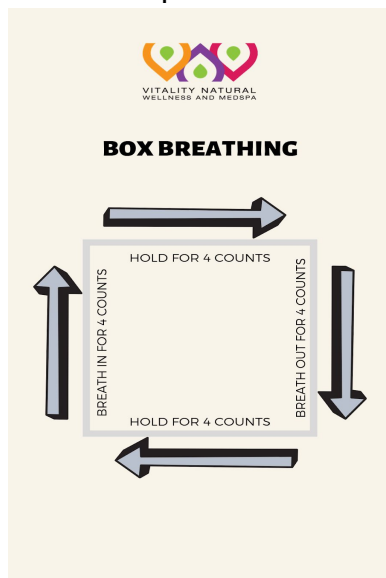


Stress creates all sorts of health issues as you have seen in our brief discussion. We know that it can cause high blood pressure and potential heart attacks, fatigue, headache, loss of motivation and anger and depression. So what can you do to help reduce stress?

Try these seven tips:

1. Breathe deeply in through your nose and out through your mouth.

We specifically teach people how to do “Box Breathing.” It is an incredibly powerful breathing technique to calm the system and reduce the stress response.



2. Become aware where you feel stress-- You can't change what you don't notice.

3. Label it-- give voice to what you feel.

One technique I like is simply labeling a thought as “useful” or “not useful,” and let them go. You can otherwise label by the type of physical sensation or type of thought. Find the technique that works best for you.

4. Do some cardio exercise-- it'll help your brain releases feel-good chemicals that can ease that depression and anxiety number
5. Control what you can-- taking action is empowering and proves you can improve your situation
6. Reach out to others-- sharing and connecting helps improve the immune system
7. Learn how to meditate-- it can help reduce anxiety, improve focus and have better concentration

Headspace offers some great introductions to meditation. Check out the link below for a beginning guide...

<https://www.headspace.com/meditation/meditation-for-beginners>