

STRESS RELIEF EXERCISES

- A. Drink water, at least eight glasses per day, to keep your body hydrated and improve its ability to cope.
- B. Sit still.
- C. Stretch, especially if you've been at your desk for hours.
- D. Walk, the all-time simplest and best exercise, around the block or simply down the hall.
- E. Improve your posture. Your mother was right, sit up straight and you'll feel better.
- F. Contemplate pleasant thoughts.
- G. Buy a hand gripper and squeeze! This can be a highly effective way to release stress.
- H. Build slack into your schedule. Everyone needs it, especially you.
- I. Help other. Nothing else works as fast when you want to forget about your own problems.
- J. Pray. It never hurts to ask for help.
- K. Scream into a pillow.
- L. Get a massage.
- M. Join a gym.
- N. Listen to relaxing music and meditate.
- O. Go shopping.