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.