

Stress Less



- » **Spend time with your loved ones, family, and friends on a daily or weekly basis.** Try to text a friend or loved one something positive each day.
- » **Reward your hard work with something to look forward to each day:** Making a good dinner, talking with a close friend, or watching your favorite TV show.
- » **Meditate or take time to reflect upon your thoughts.** Try listening to uplifting music, audible books, or podcasts while relaxing or sitting in traffic.
- » **Keep moving:** Make an effort to get out of the house/away from your desk to physically move your body.
- » **Immerse yourself in the great outdoors for 30 minutes per day:** Vitamin D, the “sunshine vitamin,” is proven to improve mood, decrease depression and anxiety, and reduce the risk of serious health conditions.
- » **Exercise for 30 minutes at least three or four times a week.** Exercise is proven to release endorphins (pleasure hormones) in your body while expelling unhealthy stress.
- » **Try journaling or deep breathing during stressful times.** A series of three deep yoga breaths lowers your blood pressure and calms your entire body. Relaxing your body will calm your mind.
- » **Practice acceptance:** Let go of what you cannot change and stop thinking about troublesome topics when a resolution is not easily discovered.
- » **Create reasonable to-do lists:** Each day, create a list with five tasks that are easily accomplished. Cross off each one once it is completed - and absorb the success.
- » **Reflect upon things in your life that you are grateful for each day:** Chronicle these feelings in a gratitude journal.



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