

# Stress Management & Relaxation

:KDW LV 6WUHVV"

6WUHVV KDV EHFRPH D IDFW RI OLIH LQ RXU IDVW SDFHG ZRUOG  
6WUHVV FDQ FDXVH SHRSOH WR IHHO  
RYHUZKHOPHG RU SXVKHG WR WKH OLP  
LW DQG SURORQJHG RU H[WUHPH VWUHVV  
FDQ EH PDODGDSWLYH /RZ OHYHOV RI  
VWUHVV FDQ EH JRRG IRU \RX ZKHQ  
PDQDJHG LQ KHDOWK\ ZD\ VXFK DV  
SOD\LQJ FRPSHWLWLYH VSRUWV RU VWXG  
\LQIRUDQJ DP 6WUHVV

WKLV XQFRQVFLRXVO\ DQG PD\ QRW  
WHQWLRQDOO\ WHQVLQJ DQG WKHQ  
KHOSV PDNH XV EHFRPH P0 a"â•V Z `

\RXU VWUHVV OHYHO RQ D VFDOH IURP QR VWUHVV WR YHU\  
VWUHVVHG 7U\ WR XVH RQH RI WKHVH VWUDWHJLV 7KHQ UDW  
\RXU VWUHVV DJDLQ\ DQG VHHG RZ PXFK LW

'HHS %HOO\ %UHDWKLQJ

DJH DV SRVVLEOH H J WH[WXUWV FRORXUV VPHOOV KRZWKHJ  
OLJKW UHIOHFWV RII WKH ZDWHUD WRFHFDWVWKHVDQGGQIHHOVDXQGDH  
\RXU IHHW WKH WPHRPNRHVUDQGLFDJ HWF VR  
WKDW \RX DUH H[SHULHQFLQJ WKH LPDJHU\ DV FORVH WR UHDOLW  
DV LV SRVVLEOH 8VLQJ LPDJHU\ \RX YLVXDOL]H D VSHFLDO  
SHDFHIXO SODFH ZKHUH \RX IHHO VDIH DQG UHOD[HG DQG \RXU  
ZRUULHV GLVDSSHU ,W LV D VSHFLDO SODFH \RX FDQ UHWXUQ W  
ZKHQHYHU \RX ZDQW DQG WKH GHWDLOV PDNH \RX IHHO DV LI  
\RX DUH DFWXDOO\ WKHUH

<RX FDQ PDNH XS \RXU RZQ JXLGHG LPDJHU\ RU \RX FDQ  
IROORZ ZULWWHQ RU WDSHG H[DPSOHV DYDLODEOH RQOLQH DQG D  
IRU VDOH DW ERRNVWRUHV 6RPHWLPHV SHRSOH UHGD D GHVFULS  
WLYH SDVVDJH RXW ORXG EXW LW ZRUNV EHWWHU WR OLVWHQ WR  
HLWKHU KDYLQJ VRPHRQH HOVH UHGD LW RU OLVWHQLQJ WR D &  
/LVWHQLQJ ZRUNV EHVW EHFDXVH WKLW OHWV \RX VKXW \RXU H\HV  
DQG IRFXV DOO \RXU HQHUJ\ RQ SDLQWLQJ D SLFWXUH LQ \RXU  
PLQG 6RPHWLPHV LW KHOSV WR KDYH FDOPLQJ EDFNJURXQG  
PXVLF DQG \RXQJHU FKLOGUHQ DQG WHHQV KDYH RIWHQ WULHG  
SDLQWLQJ RU FRORXU\KQSSD SLFWXUH\JRI WKHLU  
SODF:KLOH WKH ZRUGLQJ PLJKW FKDQJH GHSHQGLQJ RQ  
DJH DQG YRFDEXODU\ OHYHOV JXLGHG LPDJHU\ FDQ EH HDVLO\  
PRGLLHG WR ZRUN ZLWK PRV DJH JURXS %HORZ LV DQ H\  
DPSOH RI JXLGHG LPDJHU\ 7U\ XVLQJ RQH RI WKHVH GHVFULS  
WLRQV DQG WKHQ \RX FDQ FRPH XS ZLWK \RXU RZQ SHUVRQDO  
LPDJHU\ :KHQ SUDFWLFQJ JXLGHG LPDJHU\ \RX ZRXOG  
ILQG VRPHZKHUH FRPIRUWDEOH WR VLW RU OLH GRZQ WKHQ UHOD\  
\RXU PXVFOHV DQG EUHDWKH VORZO\ DQG GHHSO\

,PDJLQH \RX DUH ZDONLQJ\RXRZDQG WKH RFHDQ  
KHDU WKH ZDYHV XS DKHDG \RX FDQ VPHOO WKH RFHDQ  
VSUD\ WKH DLU LV PRLVW DQG ZDUP IHHO D SOHDVDQW  
FRRO EUHH]H EORZLQJ WKURXJK WKH WUHHV <RX ZDON DORQJ  
D SDWK FRPLQJ FORVHU WR WKH VHD \RX VHH WKH EULOOLDQW  
DTXD FRORU RI WKH RFHDQ DKHDG <RX ZDON RQWR D ORQJ  
VWUHWFK RI ZKLWH VDQG WKH VDQG LV YHU\ VRIW SRZGHU  
LPDJLQH WDNLQJ RII \RXU VKRHV DQG ZDONLQJ WKURXJK WKH  
KRW ZKLWH VDQG WRZDUG WKH ZDWHU  
+HDU WKH ZDYHV FUDVKLQJ WR WKH VKRUH 6PHOO WKH FOHDQ  
VDOW ZDWHU DQG EHDFK <RX  
JD]H DJDLQ WRZDUG WKH ZDWHU  
LV LV D EUUJH\Q EOXHH  
WKH ZDYHV ZDVKLQJ XS RQWR WKH  
VDQG DQG UHFHGLQJ EDFN WR  
ZDUG WKH RFHDQ ZDVKLQJ  
XS DQG IORZLQJ EDFN  
GRZQ ,PDJLQH \RXUVHOI  
ZDONLQJ WRZDUG WKH ZDWHU  
RYHU WKH ILQH KRW VDQG \RX  
DUH IHHOLQJ YHU\ KRW \$V \RX  
DSSURDFK WKH ZDWHU \RX FDQ  
IHHO WKH PLVW IURP WKH RFHDQ RQ  
\RXU VNLQ <RX ZDON FORVHU WR WKH ZDYHV DQG IHHO WKH  
VDQG EHFRLQJ ZHW DQG ILUP \$ ZDYH ZDVKHV RYHU WKH  
VDQG WRZDUG \RX DQG WRXFKHV \RXU WRHV EHIRUH UHFHG  
LQJ \$V \RX VWHS IRUZDUG PRUH ZDYHV ZDVK RYHU \RXU  
IHHW IHHO WKH FRRO ZDWHU SURYLGH UHOLHI IURP WKH  
KHDW 1RZ \RX DUH IHHOLQJ FDOP DQG UHIUHVKHG 6WUROO  
DORQJ WKH EHDFK DW WKH ZDWHU V HGJH IUHH RI ZRUULHV