

STRESS RELIEF TIPS

EXPENSIVE WAYS TO RELIEVE STRESS

- Vacation
- Spa Treatments
- Massage
- Shopping
- Movies (comedies not sad ones!)
- Manicure
- Pedicure

NO COST STRESS RELIEVERS

- Exercise-relieves stress; works off anger
- Breathing Exercises
- Power Naps
- Humor
- Visualization
- Crying
- Self Talk
- Meditation
- Yoga

LOW COST STRESS RELIEVERS

- Get Organized
- Get in Touch with your Inner Child (bubbles)
- Aromatherapy
- Stress Stars/Stress Balls
- Water Therapy-desk top fountain; physical hydration
- Music
- Computer Video Games
- Pillow-uses, colors
- De-stress Your Environment-colors, textures, patterns

NEGATIVE TECHNIQUES

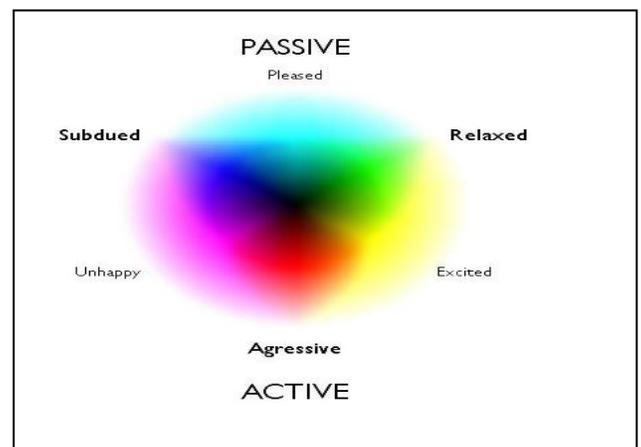
- Overeating
- TV Escape
- Prescription Drugs
- Illegal Drugs
- Drinking alcohol to excess
- Gambling
- Shouting/name calling
- Cursing
- Quitting your job-that'll show 'em!

WHAT DO THE COLORS MEAN?

- RED** is aggressive, violent, passionate
- BLUE** is calming
- GREEN** represents life, nature, signifies growth, renewal, health, environment
- YELLOW** is a warm color, represents sunshine
- PURPLE** is the color of royalty, associated both with nobility and spirituality
- PINK** is a softer, less violent red is a symbol of purity, cleanliness and innocence.

CULTURAL/TRADITIONAL STRESS RELIEVERS

- SWEAT LODGES
- SMUDGING
- BRUSHING
- HERB THERAPY
- DANCING, POW WOWS, STOMP DANCES
- STORY TELLING
- ARTS AND CRAFTS

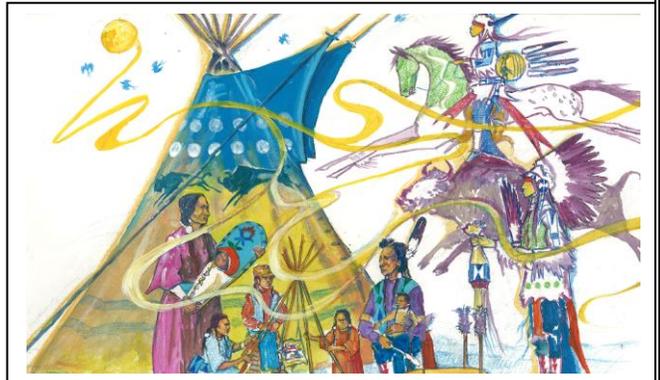


STRESS RELIEF THOUGHTS

- Most of us are here because we have a calling, a calling to help others, ease their pain, a true helping personality, but with most of us we are here because of something that happened to us or someone we love. We are changed irrevocably by the things we experience. The big things, the small things have their impact and can't be undone. Those experiences and the things that have happened to us is why we do what we do.
- *“Do not depend on the hope of results. When you are doing the sort of work you have taken on . . . you may have to face the fact that your work will be apparently worthless and even achieve no results at all, if not perhaps results opposite to what you expect. As you get used to the idea, you start to concentrate not on the results, but on the value, the rightness, the truth of the work itself. Big results are not in your hands or mine. All the good that you will do will come not from you, but from the fact that you have allowed yourself, in the obedience of faith, to be used by God's love.”* **Father Thomas Merton**

WORDS TO LIVE BY

- Don't get so busy making a living, that you forget to make a life
- We make a living by what we get, but we make a life by what we give
- Life is too short to wake up with regrets
- So, love the people who treat you right
- Love the ones who don't just because you can
- If you get a second chance-grab it with both hands!
- Forgive quickly
- Laugh often every day.
- Smile even if you don't feel like it, smiles are contagious
- Remember . . . There is always, always something to be thankful for.



REMINDER! *Never exclude professional counseling from possible stress relief. In helping professions we always look at ourselves as expert problem solvers and often we feel inadequate if we can't solve our own problems. We are all human beings! Do what you need to take care of yourself or you won't be able to care for others!*