

Stress Management

How to reduce, prevent, and cope with stress

Stress management strategy #5: Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors when they inevitably come.

Healthy ways to relax and recharge

- Take a long bath
- Light scented candles
- Listen to music
- Watch a comedy

Don't get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- **Set aside relaxation time-** Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all the responsibilities and recharge your batteries.
- **Connect with others-** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- **Do something you enjoy every day-** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or riding your bike.
- **Keep your sense of humor-** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

Don't lose yourself in the endless list of things to do. Make time everyday to de-stress and rejuvenate yourself; mind, body, and soul. That's the only way you'll be able to enjoy life and give it your very best.

**Robertson County Schools
Office of Coordinated School Health**

Telephone: 384-0152
Email: Dawn.Callas@rcstn.net

"Whatever you are, be a good one"

-Abraham Lincoln