

Self Renewal: Reducing Stress

Physical	Mental and Physical	Mental
Take a walk	Practice yoga	Meditate
Eat well, gnaw on celery	Listen to relaxation tapes	Get hypnotized
Drink water or grape juice	Take up T'ai chi	Make choices
Take deep breaths	Breathe from your diaphragm	Visualize

Hug someone	Look down from heights	Stare at a candle
Cry	Practice mindfulness	Daydream
Sit in a steam room or sauna	Notice your breath	Get reflective, as in:
Laugh, smile	Practice biofeedback	<i>"Count your blessings."</i>

Get rolled, get needled	Pet an animal	<i>"What comes around..."</i>
Reduce noise	Smile	<i>"Will it matter in a week?"</i>
Stretch	Get a massage	<i>"Bend but not break..."</i>
Read verse	Listen to water flowing	<i>"Tested by fire"</i>