

What a crazy time! It wasn't long ago that everything seemed "normal." Now we find ourselves stressed and not knowing exactly what our future "normal" life will look like. In the meantime, everyone can benefit from learning ...

HOW TO HAVE A

**STRESS
FREE
ZONE**

- **Take care of your body.** Eat regular meals and focus on nutrition instead of indulging on "junk food." Pamper yourself. Use that special scented Body Lotion you've been saving. Take warm showers or baths every evening to relax your body for a good night's sleep.
- **Sleep regularly.** Get the amount of sleep that makes you feel good, not too much or too little. Try to keep a consistent sleep schedule.
- **Exercise.** Exercise makes you feel good and energized. Stretch. Move. Breathe.
- **Dance.** Put on some music. You don't need any special steps. Let your body feel and move to the music. Do whatever feels good in the moment. You might even close your eyes.
- **Center yourself.** Engage in activities that relax you. Meditate. Breathe. Listen to Music.
- **Do some activity just for yourself.** Read a good book. Watch a Movie on TV. Put a Jigsaw Puzzle together. Complete a Crossword Puzzle.
- **Get outside.** Go for a walk or hike. Or just sit outside and enjoy the sunshine and fresh air.
- **Get creative.** Find something creative that you enjoy. Paint, draw, take pictures, play an instrument.
- **Write it down.** This will help you be organized and clear your thoughts. Journal your experiences. Make "to-do" lists. Use a planner.
- **Generate success.** Do at least one thing a day to make you feel in control. It might be something as simple as cleaning out a closet. Learn something new every day.
- **Do a "Random Act of Kindness" every day.** Maybe deliver a surprise to someone's doorstep with a cheery note. Call someone you haven't talked to in a while. Drop someone a note or card "just because you were thinking of them."
- **Reach out to others.** Talk to your family and friends. They may help you see your current problems in new ways and even offer solutions. A prayer for help is a great source of comfort and relief because a person does not feel they have to bear their burden alone.