

Stress Busters

- **Be active** – take a walk, ride your bike, take a break and get outdoors. Breathe!
- **Simplify your morning** – prepare the night before and put things you need to take with you by the door. Decide what you are going to wear and be sure it's ready.
- **Lighten Up!** – seeing the humor in a situation can help you better manage stress.
- **Find a serene place of your own** – even if it's just a comfortable chair in a corner.
- **Be well** – drink plenty of water, eat small nutritious meals and get a good night's rest.
- **Take advantage of your body rhythms** – schedule difficult tasks during your peak hours.
- **Stay connected** – spend time with family and friends.
- **Relax** with a book, have a special lunch or take a long leisurely bath.
- **Pare down your to-do list**
- **Focus on the positive** – take a moment to reflect on all the good things in your life.



Tips To Wellness

Listen to Music • *Take a Walk* • Play Ball

Dance • Eat Well to Live Well • **Smile**

PRIORITIZE • *Hike* • Give Yourself a Break

Nurture your Spirit • Breathe • Throw a Frisbee

Call a Friend • Ride a Bike

WEAR SUNSCREEN • Have faith

Spend Time with Family

Drink Water • Simplify • **NAP**

Find a Serene Place of Your Own

Relax • *Laugh a LOT*



www.jcmh.org

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