



Morning Stress Relief

Play Some Music

Music can reduce stress and have a positive effect on your health. Listen to music when you get ready for work. This can create positive energy and a sense of peace. Playing party music can create a sense of fun.

Stretch in the Shower

Hot water loosens your muscles making it easier to stretch. Stretching releases tension and helps you to start the day feeling more relaxed. You will also be more ready to handle what ever comes your way.

Eat a Balanced Breakfast

Breakfast is the most important meal of the day. Experts say that a healthy meal in the morning can balance your blood sugar levels. It also gives you the fuel you need to handle physical and mental stress. Be sure to have plenty of protein and fruit, not just caffeine and empty calories!

Drink Green Tea

Sip a warm cup of tea. This is a soothing activity. It helps you get ready for the day and feel nurtured. Green tea has lots of antioxidants, so it's also a healthy choice.

Meditate

Meditation is another great way to manage stress. It has many benefits, like slowing your heart rate, normalizing your blood pressure, and slowing the rate at which your body ages. (See page 2 of this handout to learn more about meditation.)

Write in Your Journal

Journaling has many health and stress management benefits. It can also increase your self-awareness. Writing once a day can help you feel focused, process negative emotions, and solve problems. (See page 2 of this handout to learn more about journaling.)

Morning Walk

Walking has many, many health benefits. A morning walk can get you ready for your day. A walk at night can help you sleep better. Walking also lowers your stress level, and reduces your risk of other health conditions. And if you bring a dog with you, you'll get lots of attention too!

Yoga

For a healthy body and peaceful mind, few activities do as much as yoga. Yoga combines the deep breathing, meditation, stretching and more. Start your morning by doing some yoga poses called Sun Salutations.

Adapted from: <http://stress.about.com/od/lowstresslifestyle/a/morningroutines.htm>



Morning Meditation

- Meditation affects the body in the opposite ways that stress does. Meditation calms your body. It also helps the body to repair itself. Meditation can even prevent new damage from the physical effects of stress.
- When you meditate you sit in a relaxed position and clear your mind. You may focus on a sound, on your own breathing, or on nothing at all. You need to allow for 5-20 minutes without distractions.
- Some medications and herbal supplements have side effects. Meditation does not. People with physical challenges may find it easier to do meditation than physical exercise for stress relief. Plus, with meditation no special equipment is required.
- Morning meditation can help clear your mind and get you ready for the day ahead.
- For more information about meditation, visit:
<http://stress.about.com/od/meditation/ht/meditation.htm>

Journaling



- Journaling is the practice of keeping a personal diary or journal. Journaling lets you explore thoughts and feelings about events in your life.
- Journaling lets you get clear on your thoughts and feelings and learn more about yourself.
- The health benefits of journaling have been scientifically proven. Research shows that journaling:
 - decreases the symptoms of asthma, arthritis, and other health conditions
 - improves mental functioning
 - strengthens the immune system
 - counteracts many of the negative effects of stress
- Tips for getting started with journaling
 - Write every day
 - Try to write for at least 20 minutes, but if you only have 5 minutes, write for 5
 - If you skip a day or 2, just keep writing when you can
 - Don't worry about neatness or grammar. Just get your thoughts and feelings on paper
 - Try not to censor yourself. Let go of 'I should'. Just write what comes
- For more information about journaling, visit: <http://www.journalforyou.com/>