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**The Stress-Free Recipe**

STRESS MANAGEMENT TECHNIQUES

1. **BREATHE**

Focus on your breathing, take a deep breath in -through your nose and count 1234. And out through your mouth. Count 123456. Focus on your breath. Allow yourself to relax.

1. **MOVEMENT**

Walk on the spot or purposely toward the wall AND back.

Particularly if you sit a lot. Try to walk every hour for 3 minutes. Let blood circulate down your feet. You can power walk as well. Lift those knees!

1. **STRETCH**

From one side, then the other. Feel those muscles loosen!

1. **STAY HYDRATED**

Drink 2 liters or more of water daily.

1. **SAY YOUR POSITIVE AFFIRMATIONS**:

I am peaceful,

I am present,

I am grateful for what I do,

I am grateful for my career.

Let us learn to grow flowers and not weeds in our minds. Engage in things that are positive.

**6. VALUE A SOCIAL SUPPORT SYSTEM**

When did you last visit a positive friend and talk about nothing important. Just talk or just de-stress?