



# Twelve Tips to Manage Stress

Sometimes a fresh perspective on how to manage stress can bring new options to light. Check out some of our favorite stress relieving tricks below.

1. **Get a pedicure or manicure** – indulging in some self-love can brighten spirits and bring confidence.
2. **Pick the kids up early to get ice cream or hit the playground** – routine is great but sometimes a sporadic surprise can lighten everyone's spirits.
3. **Order a hot Chamomile tea rather than coffee** – we know you love your coffee but try something different that offers calming herbs or aromas.
4. **Wander the local book store in search of your next indulgent read** – reading can offer an escape from the demands of life. Find a subject that lets your mind wander or an inspirational read to increase your motivation.
5. **Sign up for a Yoga class** – let a professional guide you through a Yoga class that will help ground your mind and body.
6. **End your day with a warm bath** – adding Epson Salts, lavender, or eucalyptus can calm your senses and relax your body making for a better night's sleep.
7. **Schedule a massage** – tension can build over time and a great way to relieve this is by massaging tight muscles. Allow yourself to spend a few extra dollars to keep your body limber and tension free with a full-body or chair massage.
8. **Cook comfort food** – instead of thinking of comfort food as something unhealthy, think of it as food you love. The act of cooking allows your mind to focus on an artful passion that brings enjoyment.
9. **Find something funny** – re-watch your favorite rom-com, or go to a local comedy club. Either way, you should not underestimate the power of laughter for stress relief.
10. **Take some deep breaths** – when you start to feel overwhelmed or your heart rate increases, take a few moments to focus on your breath. Deep breathing can quickly signal to your body that everything is okay.
11. **Listen to calming music** – streaming options make it easy to find something that inspires calm, and it may not be instrumental. Sounds of the ocean, summer breezes, or rain might do the trick.
12. **Grow a garden** – you don't have to have a back yard to be "at one" with Mother Nature. An indoor herb garden provides the benefits of working with your hands and growing something green.

**To find out more about bringing NIFS onsite to keep your employees well, visit our website [wellness.nifs.org](http://wellness.nifs.org) or contact Bethany Garrity at 317-274-3432 or by email.**

Like us on Facebook and find us on Twitter! Follow @NIFSFitnessMgmt

