Stress management

- Breathing and posture
  - Breathing deeply relaxes muscles, quiets the mind, and gets oxygen into the blood, where it can invigorate all parts of the body

- Meditation
  - Find a quiet place where you won’t be interrupted for at least 10 minutes. Focus on a single word or phrase, while trying to eliminate all other thoughts. You can use any word or phrase that makes you comfortable; it doesn’t have to be spiritual or religious. Close your eyes and breathe slowly while repeating your word or phrase. Continue for 10 to 20 minutes.

- Visualization or mental imagery
  - Visualization temporarily removes us from reality, providing a brief respite from the daily grind, some mental rest, and relaxation

- Other strategies
  - Listen to music
  - Keep a journal
  - Read (for pleasure)
  - Get a massage
  - Spend time with a pet

- Physical activity
  - Low to moderate intensity for about 10 minutes
  - T’ai CHI, Yoga, Pilates

- Nutrition
  - A good diet of healthy fats, whole grains, lean protein sources, fruits, and vegetables can counteract the effects of stress by supporting your immune system and controlling your blood pressure.
  - Caffeine helps you stay awake because it is a stimulant, but that can also make it more difficult for you to go to sleep. This can start a cycle of reduced sleep and increased stress. Too much caffeine can also make you feel jittery and anxious.
  - Fries and other fatty foods may make falling asleep difficult, so try to avoid those, especially late in the evening.
  - A lot of sodium or sugar in your diet might make sleep difficult or create a feeling of irritability.
- Sleep
  - Is essential for optimal well-being and periods of high stress are when sleep is the most important
  - Maintain a regular sleep schedule – Try to go to bed and wake up at the same time every day.
  - Create a sleep friendly environment – Try to make your bedroom comfortable, quiet, cool, and dark.
  - Avoid caffeine, alcohol, and nicotine – Caffeine and nicotine are stimulants that take a long time to clear your system, and may double the time it takes for you to fall asleep. Alcohol may induce sleepiness but causes poorer sleep and restlessness later in the night.
  - Establish relaxing bedtime rituals – reading, listening to soothing music, taking a warm bath or shower, etc.

- Time management
  - Keep a Time-Diary – A daily diary or log will make it easier to see how to manage your time better and accomplish more.
  - Divide your time into small blocks – Work on a task for a minimum of 10 minutes, and if it is still difficult, put it down and move onto something else.
  - Avoid distractions – Keep your focus on the task at hand and you will be more productive.
  - Do not try to save time by skipping healthy habits