

# *Take Care of YOU!*

## 10 Minute Stress Tamers

- **Sit quietly** in calm surroundings with soft lights and pleasant scents.
- **Aromatherapy** – lavender, citrus, vanilla, cinnamon, peppermint, fresh cut grass.
- **Breathe deeply** – rest your mind & oxygenate
- **Soak** - in a warm bath, or just your hands or feet
- **Read** - Spiritual readings, poetry, inspirational readings, or one chapter of what you like...
- **Laugh and smile** - Watch comedians, America's Funniest Home Videos, look at kid or animal photos...
- **Stretch** – front to back, side to side, & across
- **Garden** – work with plants
- **Beanbag heat therapy**. Fill a sock with dry beans and sew or tie closed. Heat bag and beans in a microwave for 30 seconds at a time. Place on tight muscles and massage gently; relax for ten minutes.
- **Remember the good times** - Record oral memories - scrapbooks, photo journals, keepsake memory picture frames. Just jot!
- Do a little on a favorite **hobby**.
- Have a **cup of decaffeinated tea or coffee**
- Play a **brain game** – crosswords, jigsaws, jeopardy, jumbles...
- Look through the **hymnal** and find a favorite – hum it all the way through...
- **Books on Tape** - Rest your eyes and read
- **Soothing sounds** –
  - Music you love
  - Music especially for stress relief
  - Recorded sounds of nature
- Listen to **coached relaxation recordings**
- **Pamper Yourself** – think of what you LOVE and give yourself permission to do it for 10 minutes
- **Neck rubs or back rubs** – use the ‘just right’ pressure
- **Hand Massages** – with lotion or without – its up to you...
- **Take a walk**.
- **Sit** in the sun.
- **Rock** on the porch.
- **Pray** or read a passage from scripture
- **Journal** - Take the opportunity to “tell it like it is.”
- Cuddle and stroke a **pet**.
- Have that cup of coffee or tea with **a special friend** who listens well.
- Pay attention to **your personality**.
  - If you rejuvenate being alone, then *seek solitude*.
  - If you rejuvenate by being with others, *seek company*.

