



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
- 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 – it's 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