

## Top 6 Ways To Reduce Stress

1. **Breathe** - A simple technique: In through the nose out through the mouth. Imagine all the negative energy departing as you breathe out. Release the stress from head to toe.
2. **Share a good laugh**- belly laughs are the best medicine to bring back balance & positive energy.
3. **Abandon the TV** for a week and give your mind a break from the assault on our senses. Instead, read a book, go for a walk, hop on the treadmill, do jumping jacks, socialize or turn on some music and groove. Feel the difference.
4. **Do one thing at a time.** Do it mindfully and do it well. Enjoy the experience.
5. **Do good for others.** Doing good for others makes us feel good. Anxiety and stress involve a high degree of focus on the self, focusing on the needs of others literally helps shift our thinking. When you experience compassion and kindness, negative emotions tend to depart. Even better: Feeling good tends to makes us more likely to do more good. Welcome to the positive feel good loop. This is a cycle you may not want to break. So go ahead, help that random person you see on the street. Feel good about it and let the kindness roll.
6. **Get a Massage.** Research on massage therapy suggests that there is a reduction in stress levels following a massage. We in turn feel less pain, less depressed, less anxious, less fatigued, and have less difficulty falling asleep (Touch Research Institute). Massage puts you in a state of rest so that your body can effectively repair itself. It helps cleanse and detoxify the mind and body so you feel balanced again and free of pain.

Want to reclaim your life, feel euphoric, eliminate pain AND stress less? Request an appointment for a massage today with a Massage Therapist on [www.inhomemassage.org](http://www.inhomemassage.org).