

FITNESS TIP OF THE WEEK - TOP TEN STRESS-BUSTING HABITS!

There's no reason to be overwhelmed by anxiety. Bounce back with some simple strategies for making it through those tough times.

- 1. Be clear on what you want, and stay committed when going for it.** Don't get sideswiped by all the little things that come up. Prioritize what must be done -- then complete each task one at a time. Set boundaries and say NO to those things that are not truly important to you right now.
- 2. Ask for help!** You don't need to do it alone! Sometimes you may need the support that a friend can provide. There are plenty of professionals out there, as well as lots of self-help resources. You don't need to be a Lone Ranger -- even he had Tonto!
- 3. Deal with what is within your control.** If it's outside your control, don't worry about it. Look at what is within your control and decide what you can do to affect positive change. Be realistic in what you can do; rather than picking 10 things to work on, pick one or two. Give yourself [small steps](#) to take to affect change, and celebrate the changes you make!
- 4. Take care of you!** A bubble bath, a 10-minute walk, a massage. You are your greatest asset. Ensure you are taking care of yourself. Exercise, eat right, hydrate and get your sleep! How we treat our body, mind and spirit affects our emotions, behaviors, actions and results. Take good care of you.
- 5. Keep a journal.** Write whatever you choose and however you want. Just write! Write whatever is on your mind, what your successes are for the day, and finish off by writing at least 5 things that you are grateful for that day.
- 6. Breathe!** When we are stressed, our breath is shallow and we don't get enough oxygen. So take a breath break whenever you think of it, and take some deep belly breaths. Concentrate on your breathing. Better yet, take a mini-vacation -- visualize you're on the beach in Maui, or somewhere else that calms you while you're on your breath break!
- 7. Relax!** Find a relaxation technique and use it! Listen to some great music or a relaxation or meditation CD. Meditate. Go for a walk. It may seem strange at first, but keep at it!
- 8. Let go of expectations!** It's when our expectations and reality don't match that we get into that really stressed state!
- 9. Act rather than react!** Start recognizing your thoughts. When you start to get upset, stop! Breathe! Ask yourself if you want to go down that road? Will it get you the desired result you want? If not, change directions. Take control of your response and DO something to make the situation work for you.
- 10. Be compassionate with yourself -- treat yourself as your own best friend!** Don't get down on yourself for what you aren't doing, acknowledge yourself for what you are doing and celebrate your successes.

Be healthy, get fit, stay strong!