3 DeStress Tips for the Holiday Season

FEEL CALM ALL OVER
This Monday, try a mindfulness body scan to ease tense muscles and let stress drift away.

1. Sit quietly or lie down.
2. Start at one end of your body and focus on each body part.
3. Notice any areas of tension then soften and relax.
4. Continue until your whole body feels completely relaxed.

MASSAGE AWAY STRESS
This Monday, try simple, self-massage exercises to relax tight muscles and release tension from stress.

BELLY BREATHING: IT’S GOOD FOR YOUR BRAIN.
This Monday, try belly breathing to calm your mind and body.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.

For more information, visit https://www.destressmonday.org/
5 Healthy Foods for Stress Relief

1. Avocados & Bananas
   These fruits are rich in potassium which keep your blood pressure low.

2. Yogurt
   Probiotic-rich yogurt may help reduce stress and anxiety by sending signals to the emotional area of the brain.

3. Fatty Fish
   Heart-healthy fatty fish, like salmon and sardines, are a good source of omega-3 fats. This reduces your adrenaline levels to help keep you calm.

4. Dark Chocolate & Nuts
   When enjoyed in moderation, dark chocolate boosts your "happiness hormone" (serotonin) and lowers your stress hormones. Nuts such as almonds and pistachios boost your immune system.

5. Tea
   A soothing cup of chamomile tea can help you relax and even promote better sleep.

For more information, visit https://www.foodnetwork.com/healthy/photos/top-10-foods-for-stress-relief