

Tips to Reduce Stress

- ✓ **Eat healthier** - Even if you think you are eating well you can do better. Reevaluate your diet.
- ✓ **Move** more - walk, stretch, and exercise more. Golf, bike, swim, tai-chi and yoga are great.
- ✓ **Sleep well** - The best way to do it is avoiding sleeping pills. Please get information on good sleeping habits.
- ✓ **Get some sun** - Get out! Staying indoors too much is not healthy.
- ✓ **Socialize** - Learn how to appreciate your family and friends more. Call them; send cards, email, facebook or texts. Call those that make you laugh and stay in touch with them. Make peace efforts with those with whom differences have not been solved.
- ✓ **Enjoy the quiet times** - Relax, meditate, practice yoga. Play soft music in the background every once in a while and limit TV specially news times. Write your thoughts and focus on your breathing.
- ✓ **Organize your time better** - Plan ahead. Plan for the morning the evening before. Review your daily and weekly activities.
- ✓ **Drink** - Drink more water and limit the caffeine and alcohol.
- ✓ **If your memory is bad** - ... You are not alone! Don't worry, that would not help. Do something about it. Write things down, keep schedules, organize yourself better and plan ahead.