



## NUMBERS TO KNOW FOR HEALTH & HAPPINESS

# 10 Stress Tamers



1. Exercise and move your body at least 30 minutes a day.
2. When you get a surge of stress, count to 10.
3. Take a 5-minute walk to help clear your mind.
4. Squeeze a foam or rubber ball 5 to 10 times.
5. Close your eyes. Imagine a calm scene.



6. Allot at least 10 minutes a day to clear clutter in your house and at work.
7. Help someone in need. Call or text a friend.
8. Meditate at home or at work.
9. Take a warm bath or shower.
10. Get 7 to 9 hours of sleep a night.



### Take Action: Sigh for Relief

Purifying sighing exercise:

1. Keep shoulders erect.
2. Let out a big sigh. Make a sound of relief as the air leaves your mouth.
3. Do this 10 to 15 times in a row, as needed, to relieve stress.

**Note:** If you are prone to hyperventilating, do not do this breathing exercise.