







Stress Reduction Tips


-  *Make ordinary, repetitive occurrences such as the telephone ring, a stop in traffic, or a sip of water occasions to notice the breath and activity of your mind for a few moments.*


-  *Experiment with being compassionate and nonjudgmental with yourself when you are reminded of your limitations.*

-  *When you're in a rush, ask yourself, "Do I really need to hurry?"*

-  *Try welcoming your emotions as they come, instead of pushing them away.*

-  *Choose one daily activity to practice mindfully . . . brushing teeth, taking shower, cleaning house, playing with children.*

-  *Turn off the radio in the car and pay attention to driving and to your thoughts.*

-  *The violence in the news can create anxiety and over-stimulation in us. Take a break from the news and TV, in general.*

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