

# Stress-elimination Guide

At some point in your life you may have experienced stress, so when you feel that every part of your body, **the following 10 strategies will rescue you!**

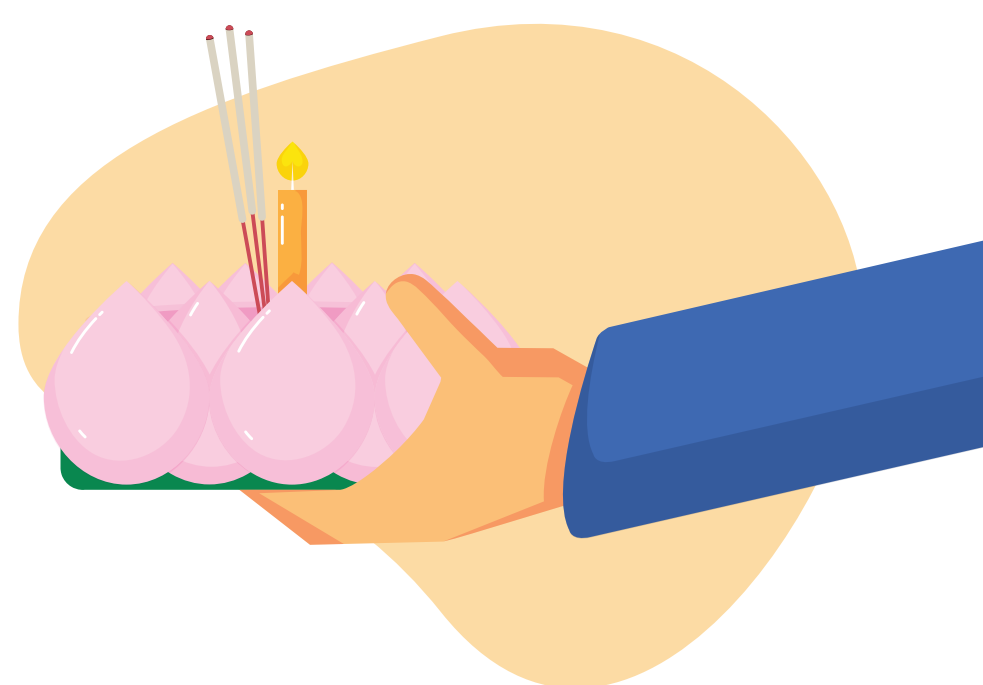


## 1 Put progressive relaxation to the test

From the tip of your toes to the top of your head, contract and release each muscle group in the body (arm, upper arm, chest, back and abs, etc.). This exercise is so effective that it even reduces pain.

## 2 Spray an essence

Aromatherapy can be a good way to relieve stress. Certain scents (like lavender) have been shown to reduce stress and anxiety levels.



## 3 Have some tea

One study found that drinking black tea reduces cortisol (stress hormone) levels and increases feelings of relaxation.



## 4 Imagine a quiet place that brings you peace

Places such as a heavenly beach or your grandmother's house can be places that give you a feeling of peace, so visualizing them when stressed can help you calm down in the present moment.



## 5 Chew some gum

Studies suggest that the act of chewing gum can lower cortisol levels, helping to relieve stress.



## 6 Hug someone

Hugging, even if you're just hugging your pet, lowers blood pressure and stress levels in adults.



## 7 Draw or color

Art therapy has been found to reduce stress-related symptoms and behavior.



## 8 Take a short nap

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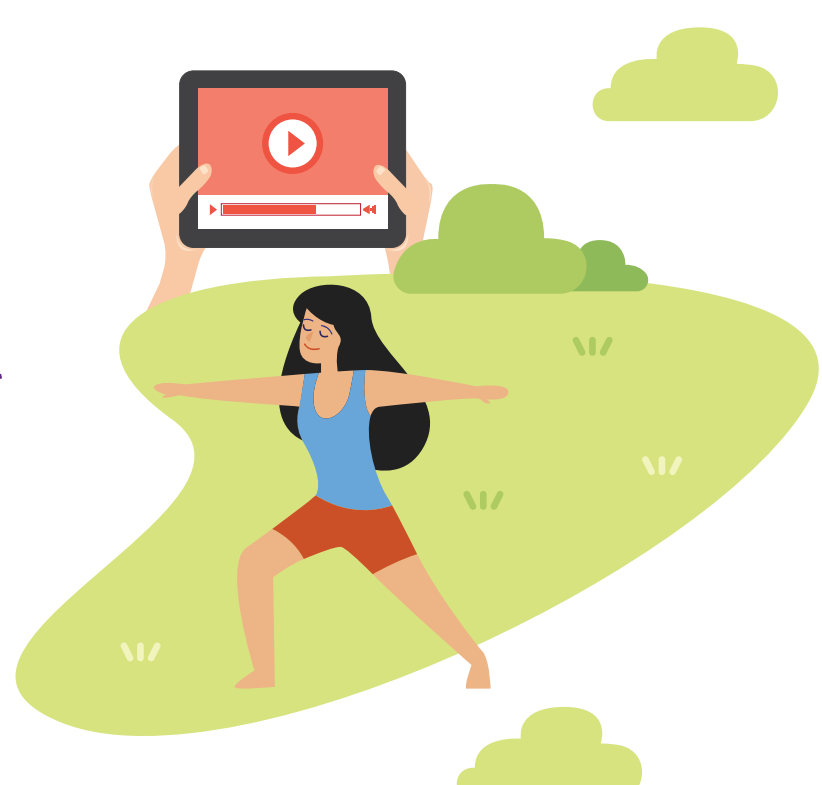
## 9 Think of something funny

Laughing reduces the effects of stress (such as tiredness) which helps you feel better.



## 10 Go out to the park or at least watch a video of nature

Nature has a calming effect on our mind even if it is just a photo.



Feel free to print this sheet and stick it in a conspicuous place (such as an evacuation route in case of stress).