

Stress

Donna Henderson Acupuncture, Inc.

- Take time for yourself every day to do something you enjoy.
- Be grateful for the new day and your part in it.
- Be balanced. We need balance in all areas of our lives: physical, mental, emotional, and spiritual.
- Be in the flow. Follow your inner guidance. This is when you know inside that the time is right for something. Allow yourself quiet time to listen to that gentle knowing.
- Speak your truth in love without any expectations.
- Re-evaluate your priorities. The new year or a new day gives us a chance to start over. Think about how you will view this time of your life several years from now. What will you wish you had done more of or less of? From that perspective: do you see things that would be better to change?
- Change the scenery every now and then. Sometimes a trip to the beach is just the ticket to feel more relaxed and alive.
- Move. Walking in nature is one of my favorite activities. Qi Gong, Tai Chi, and yoga are great forms of exercise which also help focus on breathing.
- Breathe. Deep relaxing breathing can be done anytime, anywhere. Let your belly relax on the in-breath and get smaller on the out-breath.