



# Health Yourself Byte



April is **Stress Management Awareness Month**. This is an excellent time to really focus on becoming aware of the stress in your life, its effects on your body, and ways to minimize it. You may already be aware of some of these things, or all of them to an extent, but this is the month to delve a little deeper. Make sure that you're spending your time on the things and people that you value the most . . . and that you're taking time to do the things that make YOU feel good!

## 25 Stress Relievers

1. Throw On Some Music and Clean House
2. Watch Aquarium Fish
3. Take a Walk With A Friend
4. Write About Anything
5. Plant a Garden
6. Cut Down On Some of Your Commitments
7. Explore Photography
8. Start a Scrapbook with Your Kids
9. Work on a Puzzle with Your Family
10. Try Breathing Exercises
11. Draw or Paint a Picture
12. Dance to Your Favorite Music
13. Exercise
14. Try Focused Meditation
15. Watch a Funny Movie
16. Take a Mini-Vacation
17. Find Balance in Your Life
18. Keep a Gratitude Journal
19. Play Music and Cook Something Wonderful
20. Surround Yourself with Positive People
21. Learn to Say No To Demands on Your Time
22. Take a Nap
23. Play an instrument
24. Call an old friend
25. Laugh Often



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