Love Your Heart Heart Stress Less Challenge

February is National Heart Month and an opportunity for doing something great for your heart… REDUCE STRESS! For every day that you engage in some form of activity that reduces stress, draw a heart on that day. Try something every day, or at least 18 days of February. Turn this page over for suggestions. Give yourself the gift of a healthier heart for Valentine’s Day and the month of LOVE, February. Do it….if not for yourself, for someone who loves you and wants you around for a long time!

"FOR FAST ACTING RELIEF, TRY SLOWING DOWN." ~ LILY TOMLIN

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Name____________________________    Return to Julie Jones, by Friday March 6th.

Developed by the Dorchester County Health Department
Health Education, Cambridge, Maryland
Stress Reducers

Be silly
Apologize for a mistake
Be active
Stand up and stretch
Do something YOU like to do
Count to 10 or 1000 before exploding
Take a nap
Read a good book
Cut back on caffeine
Do one thing at a time
Learn to say “no”
Work-out
Read something funny every day
Make time for play
Practice laughing out loud “hahahaha”
Go for a brisk walk
Get up 15 minutes early
Take a deep breath and let it out
Recite an anti-stress litany
Listen to music
Play with your pets
Don’t rely on your memory
Be prepared to wait (i.e. at Dr’s apt.)
Go somewhere quiet
Listen to a happy song

Simplify, simplify, simplify
Stretch some more
Get enough sleep
Stop and enjoy the view
Organize
Write down your thoughts and feelings
Talk with a friend
Count your blessing – make a list
Take a bath or shower to relieve tension
Look good to feel better
Practice deep breathing for 1 minute
Stop that negative self-talk
Color
Delegate responsibility
Skip down the hall
Allow 15 minutes extra time for appointments
Visualize a calm or peaceful scene
Laugh it off
Hang out with friends
Aromatherapy
Mediate
Snuggle up
Give yourself a massage
Be optimistic

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