

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING
FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

December 13, 2016

Just say “whoa!” to stress.

It's holiday crunch time. Shopping centers are crowded. Your to-do list is growing. And life can feel more hurried than ever. When stress piles on, your spirit and immune system can break down, leaving you feeling wiped out. This week, fight stress in one or all of these healthy ways:

1. With deep breathing exercises

- Find a quiet, comfortable place to sit.
- Breathe in and out slowly, letting your belly push out as your take in a breath.
- Take deep breaths and let out a sigh as you exhale. Repeat 10 times.
- Imagine yourself becoming more relaxed with each breath.

2. With your ears

- Listen to your favorite song.
- Make a playlist of music that soothes you.
- Sit still outdoors for a few minutes and listen to the natural sounds around you.

3. With your funny bone

- Tell or read jokes.
- Watch your favorite sit-com or comedy movie.
- Make time for those friends who make you laugh.

4. With a de-cluttered space

Help your brain and body feel more relaxed by reorganizing areas where you spend a lot of time:

- Car
- Work space
- Living room
- Kitchen
- Bedroom



USE YOUR RESOURCES.

You don't have to do it alone. Your ParTNers EAP also has great resources to help you manage and deal with holiday stress. Call 855-Here4TN (437-3486) 24/7, 365 days a year or visit Here4TN.com.



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701 Cool Springs Blvd | Franklin, TN 37067 US

