



TOUCHSTONE COUNSELLING

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Seven Simple Stress Resilience Tips for the Holidays

By Janice Dowson

We can use these simple inexpensive tips to build stress hardiness and improve our health.

1. Drink plenty of water. Water can help flush our bodies of stress related toxins.
2. Breath
Breathing increases our relaxation, blood and oxygen flow. Take a deep breath now, slowly. Count to three then let it out....slowly.
3. Build Breaks into Your Day
A short break to move around and clear your mind can increase your effectiveness and your stress hardiness.
4. Discover the unexpected gifts in stressful situations.
Finding the positive unexpected aspects of stressful situations changes our perspective and our physiological responses.
5. Picture yourself in control.
Picture yourself interacting with others where you have a sense of success or control such as conducting meetings, finishing projects.
6. Relaxation Skills
Spend 15 to 20 minutes daily, eyes closed in a quiet place. When learning relaxation skills you can focus on your breathing, letting you muscles relax one at a time, repeating a word like "one". These forms of relaxation reduce tension, increase our ability to recover from stressful situations quickly and reverse the harmful effects of stress.
7. Talk to someone who understands.
Stress hardy people have a network of close confiding relationships" (BC Health Guide). A sense of being understood increases our positive view of ourselves and of others, deepening our close relationships. This positive view of self and other raise stress resilience.