

## **“Ten easy steps to erase stress.”**

Here are ten easy ways to reduce stress. They are particularly good for people with medical ailments like arthritis but can be used by anyone. Stress is a ubiquitous problem in our society and the means for coping with it are limited. However, sometimes, the simple ways are the most powerful.

1. Take three deep breaths slowly. Pay attention to your pattern of breathing. Accept your breathing as it is.
2. Relax the tongue. Usually the tongue is held tightly against the teeth. Free it up in the mouth so it can just rest there without tension.
3. Take one minute vacations. In your mind visit places where you find peace and stillness. Picture yourself there soaking up the beauty and solitude.
4. Relax your face. Tell your facial muscles to relax and they will. Try to maintain this relaxed face throughout the day.
5. Move slowly. When you find yourself rushing for no reason, ask yourself, “Is this really necessary?” If not, slow down.
6. Laugh more. Laughter cuts stress and promotes relaxation. Watch funny movies.
7. Listen to beautiful music. Classical and Baroque music (Bach) relax the spirit.
8. Watch and enjoy the sunset.
9. Visualize yourself as a balloon being inflated. As you breathe in, the balloon fills with your stress and tension. Then breathe out all the stress and tension leaving yourself limp and relaxed.
10. Feel your skin. Just sense it. Focus on it. Then focus on what you see. Really focus on it... the colors, textures... then focus on what you hear.

Hope this helps... And, I'd like your feedback. Just give us a call at (301) 624-1164 to let us know if this helped you.

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